



Technique Guide

Removing subgingival overhangs, smoothing margins and cleaning up excess cement has never been easier. Use FitStrip's color-coded diamond-impregnated strips with an extra thin Safety Zone following this procedure.

Slide between teeth. Starting with the blue medium grit, twist the colored barrel until the strip is locked straight. Position the Safety Zone in the affected interproximal space. With gentle apical pressure and a slight back-and-forth motion, slide the strip between the teeth*. The barrel may be twisted into a curved position at this time to allow the strip to follow the natural tooth contours.

*If the teeth are bonded together or the contact is too tight to get the 0.05 mm Safety Zone between the teeth, use the gray barrel FitStrip™ serrated saw to gain access.

Remove the overhang/excess cement. Move FitStrip™ in a gentle buccal-lingual back-and-forth motion. Remove FitStrip™ and test the area with floss to ensure the desired result. Repeat as necessary.

Finish and polish. Place the red fine grit FitStrip™ into the interproximal space using the method above. Move it in a gentle buccal-lingual back-and-forth motion three or four times. Remove the red fine strip and repeat the process with the yellow super fine for an ideal polish.



SAW

*Serrated
.05 mm



REMOVE

Medium
.13 mm



SMOOTH

Fine
.10 mm



FINISH

Super fine
.08 mm

The Safety Zone section
of each strip is .05 mm.

Garrison
Dental Solutions

Company Headquarters

Toll-Free (US and Canada): 888.437.0032
gds@garrisdental.com
garrisdental.com

European Office

info@garrisdental.net
garrisdental.com

Made in Israel.

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