

Clinical Evaluation of Garrison ProxiBurs™ for Interproximal Reduction During Invisalign® Treatment



Dr. Philip Kaplan, DDS

Dr. Kaplan's passion for dentistry started at an early age. At just 15 years old, he began working in the dental field alongside his family dentist, gaining firsthand exposure to patient care, clinical dentistry, and the meaningful relationships built between dentists and their patients. These early experiences helped shape the caring, compassionate, and patient-centered approach that continues to define Dr. Kaplan's practice today.

Dr. Kaplan went on to graduate from dental school within the top 5% of his class and was inducted into the Pi Pi Chapter of Omicron Kappa Upsilon, a nationally renowned dental honor society recognizing exceptional academic achievement, clinical excellence, and professionalism.

Upon graduation, Dr. Kaplan received numerous awards and recognitions from some of dentistry's most respected organizations, including the Academy of General Dentistry, the American Academy of Esthetic Dentistry, the Academy of Osseointegration, the American Association of Endodontists, and the American Academy of Periodontology.

Following dental school, Dr. Kaplan pursued advanced training in general dentistry and completed his General Practice Residency at Newark Beth Israel Medical Center, where he ranked among the program's top three residents. This additional training allowed him to further refine his skills in comprehensive dental care, advanced restorative procedures, and the treatment of complex dental cases.

Dr. Kaplan is dedicated to providing his patients with comprehensive, high-quality oral care while creating a comfortable and positive dental experience. He believes exceptional dentistry combines clinical precision, attention to detail, and genuine compassion.

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Background

Interproximal reduction (IPR) is a critical component of many clear aligner treatment plans. Whether creating space for alignment, improving contact relationships, or reducing the appearance of black triangles, successful IPR requires precision, efficiency, and predictability.

Over the years, I have utilized a variety of IPR systems, including manual strips, and traditional flame-shaped IPR burs. While each technique has its advantages, many present challenges related to access, accuracy, efficiency, or consistency of enamel reduction.

One of the most common frustrations I personally associated with IPR is balancing efficiency with precision. Manual strips offer excellent control but can be time-consuming, particularly when larger reductions are required. Traditional burs can be faster but often require careful technique to avoid creating uneven reduction patterns or excessive tapering within the contact area.

In clear aligner therapy, even small inaccuracies in planned IPR can affect tooth movement and tracking. Because orthodontic treatment relies on highly controlled staging, clinicians need an IPR system that can consistently deliver the prescribed amount of enamel reduction while minimizing chair time.

Procedure

The cases selected for evaluation included mild to moderate anterior crowding, lower incisor alignment, and cases requiring space creation for predictable tooth movement. Several cases also involved refinement of contact areas to improve final esthetics and reduce black triangle formation.



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My first impression of the ProxiBurs™ system was the thoughtful design and ease of use. The burs entered contact areas smoothly and provided excellent tactile feedback during enamel reduction.

One of the most noticeable differences compared with traditional flame-shaped burs was the ability to create a more uniform reduction across the contact area. The design allowed for controlled enamel removal without the tendency to create excessive tapering or uneven contact morphology.



SKU: PRXR01M

Access was particularly favorable in the anterior region, where visibility and control are essential. The slim profile allowed me to work comfortably even in relatively tight contacts while maintaining a clear view of the operative field.

During treatment, the burs cut efficiently without feeling overly aggressive. This balance provided confidence that the prescribed reduction could be achieved while minimizing the risk of inadvertently removing excess enamel.

From a workflow standpoint, ProxiBurs™ significantly streamlined the IPR process.

ProxiBurs™ often allowed me to complete the reduction more efficiently. The reduced procedure time was noticeable for both the clinical team and the patient.

The predictable cutting action also reduced the need for repeated verification and

adjustment. Once access to the contact was established, the reduction progressed smoothly and consistently.

As a busy Invisalign provider, efficiency matters. The ProxiBurs™ system integrated easily into my existing workflow without requiring significant changes in technique or instrumentation.

Key Advantages Observed

Several benefits became apparent throughout the field testing process:

- Efficient enamel reduction with excellent tactile control
- Consistent and predictable contact modification
- Reduced chair time compared with traditional manual techniques
- Smooth integration into existing Invisalign workflows
- Positive patient acceptance and comfort
- Enhanced confidence when performing prescribed IPR amounts

These advantages collectively contributed to a more streamlined and predictable orthodontic experience.



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Conclusion

Interproximal reduction remains an essential component of modern clear aligner therapy, and clinicians need instruments that deliver both efficiency and precision. Throughout my evaluation of the Garrison ProxiBurs™ system, I found the burs to be intuitive, predictable, and highly effective for Invisalign treatment workflows.

The system provided excellent access, controlled enamel reduction, and a level of consistency that helped simplify what can often be a technique-sensitive procedure. By reducing chair time while maintaining clinical accuracy, ProxiBurs™ allowed me to focus more on treatment objectives and patient care rather than instrumentation challenges.

Perhaps most importantly, the burs integrated seamlessly into my existing orthodontic workflow. There was virtually no learning curve, and the benefits became apparent from the first few cases. The ability to achieve precise IPR efficiently and predictably is valuable for both clinicians and patients alike.

For clinicians performing IPR as part of clear aligner therapy, ProxiBurs™ represents a meaningful advancement that combines efficiency, control, and predictability into a simple and practical clinical tool.