Bonding with Self-etching Primers – Pumice or Pre-etch? An in vitro Study

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Abstract
The purpose of this study was to compare the shear bond strengths (SBSs) of orthodontic brackets bonded with self-etching primer (SEP) using different enamel surface preparations. A two-by-two factorial study design was used. Sixty human premolars were harvested, cleaned, and randomly assigned to four groups \((n = 15\) per group). Teeth were bathed in saliva for 48 hours to form a pellicle. Treatments were assigned as follows: group 1 was pumiced for 10 seconds and pre-etched for 5 seconds with 37 per cent phosphoric acid before bonding with SEP (Transbond Plus). Group 2 was pumiced for 10 seconds before bonding. Group 3 was pre-etched for 5 seconds before bonding. Group 4 had no mechanical or chemical preparation before bonding. All teeth were stored in distilled water for 24 hours at 37°C before debonding.

The SBS values and adhesive remnant index (ARI) score were recorded. The SBS values \((\pm 1\) SD) for groups 1–4 were 22.9 ± 6.6, 16.1 ± 7.3, 36.2 ± 8.2, and 13.1 ± 10.1 MPa, respectively. Two-way analysis of variance and subsequent contrasts showed statistically significant differences among treatment groups. ARI scores indicated the majority of adhesive remained on the bracket for all four groups. Pre-etching the bonding surface for 5 seconds with 37 per cent phosphoric acid, instead of pumicing, when using SEPs to bond orthodontic brackets, resulted in greater SBSs.

Introduction
The orthodontic profession is constantly seeking to improve and optimize the technique of bonding brackets to enamel. Self-etching primers (SEPs) have been extensively researched (Barry, 1995; Bishara et al., 2001; Pandis and Eliades, 2005; Burgess et al., 2006; dos Santos et al., 2006; Murfitt et al., 2006; Davari et al., 2007; Lill et al., 2008) and have emerged as a successful alternative to the conventional acid-etch bonding technique. Since the introduction of SEPs, it has become accepted that pumicing the bonding surface beforehand to remove the salivary pellicle results in increased bond strength and decreased clinical failure rates (Burgess et al., 2006; Lill et al., 2008). A key to successful orthodontic bonding is removal of the salivary pellicle. In the conventional multi-step acid-etch bonding procedure, the pellicle is removed by application of 37 per cent phosphoric acid for 15–60 seconds; therefore, pumicing is not necessary (Barry, 1995; Lindauer et al., 1997; Ireland and
Sherriff, 2002). Although marketed as reducing the number of steps in bonding by combining the conditioning and priming stages, the need for initial pumicing is reintroduced when using SEPs.

Concerns regarding the use of pumice include the time required to individually pumice each tooth and rinse away the paste, the possible introduction of gingival crevicular fluid proteins onto the enamel surface, and the potential for mechanical injury to the gingiva. However, elimination of pumicing from the SEP bonding sequence leaves a compromising salivary pellicle on the enamel. An alternative to pumicing to remove the pellicle when using SEPs would be to introduce an etching step. Anecdotal reports suggest a short 5–10 second pre-etch with 37 per cent phosphoric acid can result in a clinically superior performance when compared with pumicing, but no evidence exists in the literature to confirm the clinical effectiveness of the procedure. In vitro studies (Erhardt et al., 2004; Lührs et al., 2008) have shown consistently greater bond strengths when enamel was pretreated with phosphoric acid before bonding with SEPs. However, the teeth in these studies were not pumiced when bonding with SEPs.

The authors are not aware of any published studies that compared bond strengths between acid pretreated and pumiced enamel with the use of SEPs. Although some clinicians have adopted a pre-etch step in place of pumicing in their SEP bonding protocols, conclusive in vitro and in vivostudies examining this practice are needed. The aim of this in vitro study was to investigate shear bond strength (SBS) values of brackets bonded with an SEP to salivary pellicle-coated human teeth that were pretreated with pumice and/or 37 per cent phosphoric acid or not pretreated at all.

Materials and methods
Following approval from the Institutional Review Board at Marguette University, 60 human premolars were collected. The teeth were washed in running water, placed in distilled water, and stored at room temperature. Teeth chosen for the study were free of cracks, caries, and restorations.

A two-by-two factorial study design was used. Presence or absence of pumicing (P±) and pre-etching (E±) were the investigated effects, resulting in four treatment groups: group 1 (P+/E+), group 2 (P+/E−), group 3 (P−/E+), and group 4 (P−/E−). Group 2 follows the manufacturer recommendations for bonding with SEPs and thus could be considered a control group. Sixty teeth were selected and randomly assigned to treatments in blocks of four. The roots of all premolars were then removed and the teeth were vigorously scrubbed on their bonding surfaces with a toothbrush and running water to ensure a clean surface. Whole saliva was collected from the first author in a glass beaker. Cleaned teeth were immersed in saliva for 48 hours at 37°C on a shaking platform to form a pellicle on the enamel surfaces. Immediately before bonding, each tooth was individually removed from the saliva with tweezers and dried with oil-free compressed air until the surface appeared dry.

Experimental group preparation and bonding
The first author performed all bonding procedures. The teeth allocated to P+/E+ were prepared by pumicing each tooth for 10 seconds with a rubber prophylactic cup and fluoride- and oil-free coarse pumice powder (Whip-Mix Corp, Louisville, Kentucky, USA) mixed with water, rinsing with distilled water, and drying with oil-free compressed air. Phosphoric acid (37 per cent) gel (3M Unitek, Monrovia, California, USA) was placed on the bonding surface of each tooth for 5 seconds, and the tooth was again rinsed and dried. Bonding orthodontic brackets was executed as per the manufacturer’s instructions. Transbond Plus self-etching primer (3M Unitek) was applied to the surface of each tooth and rubbed for 5 seconds. Next, the bonding surface received a gentle 5 second air burst. Adhesive pre-coated stainless
steel universal bicuspid brackets (APC II™ Adhesive Coated Appliance System Victory Series™; 3M Unitek) with a 0.022 inch slot, 0 degrees of tip, 0 degrees of torque, and a 10 mm² base were placed on each tooth. The excess adhesive was removed with a fine probe. Each specimen was light cured (Ortholux LED Curing Light; 3M Unitek) for 10 seconds from the mesial and distal.

The other teeth were treated using protocols that included the following modifications: Teeth allocated to P+/E− were not pre-etched, P−/E+ were not pumiced, and P−/E− were neither pumiced nor pre-etched.

Debonding and classification of adhesive remnant index
Following bonding the brackets, each tooth was individually mounted in acrylic resin (Great Lakes Orthodontics, Tonawanda, New York, USA) using a consistent orientation. Next, they were stored in distilled water for 24 hours at 37°C. Each mounted tooth was then placed in a universal testing machine (Instron Corporation, Canton, Massachusetts, USA) with the bracket/tooth interface placed parallel to the blade motion. The blade (24 mm wide tapered to an edge 0.3 mm thick) moved from the occlusal direction and made contact evenly across the bracket as it contacted the space between the tie wings and bracket base as close to the base as possible. It should be noted that, although commonly reported as shear testing, a significant amount of peeling/normal forces are applied with this type of test arrangement (Katona, 1997). The brackets were debonded using a crosshead speed of 0.1 mm/minute. After debonding, each tooth and debonded bracket were viewed under an optical stereomicroscope at ×10 magnification. The adhesive remnant index (ARI) score (Artun and Bergland, 1984) was recorded to determine where the bond failure occurred. Possible ARI scores are 0 for no adhesive left on the tooth, 1 for less than half of the adhesive left on the tooth, 2 for more than half of the adhesive left on the tooth, and 3 for all the adhesive left on the tooth.

Statistical analysis
Descriptive statistics for each test group included means and standard deviations for SBS data and frequencies for ARI. SBSs were analysed using a two-way analysis of variance with ‘pumicing’ and ‘pre-etching’ as main factors. A total sample size of N = 60 was required to detect an effect size (ES) = 0.4, assuming equal treatment group sizes, a type I error probability α = 0.05, and power (1−β) = 0.85 (Faul et al., 2007). A Weibull analysis was performed to determine the Weibull modulus, characteristic strength, and bond strengths at specific reliabilities. The ARI scores were fit to a multinomial logistic regression model to determine whether pumicing or pre-etching before bonding was significant in predicting the ARI score. Statistical software (SPSS Inc., Chicago, Illinois, USA and SAS Institute Inc., Cary, North Carolina, USA) was used for computations.

Results
Detailed results of SBS measurements and their derivatives are presented in Table 1. Statistically significant effects were observed for both main factors as well as for their interaction. For that reason, the statistical analysis was continued by applying contrasts on interaction effects. As expected, the absence of any surface preparation (P−/E−) resulted in the lowest SBS values. In contrast, pre-etching alone (P−/E+) was the most effective preparation step. It was statistically different from P−/E− (P < 0.0001), P+/E− (P < 0.0001), and P+/E+ (P < 0.0001). The combination of pumicing and pre-etching was more effective than P−/E− (P = 0.003). There was no statistical difference between P+/E+ and P+/E−. The Weibull analysis (Table 1) shows P−/E+ presented with the greatest Weibull modulus, characteristic
strength, and bond strengths at 10 and 90 per cent probability of failure, while P−/E− was the lowest in each.

**Table 1** Shear bond strengths (SBSs) and Weibull analysis results.

<table>
<thead>
<tr>
<th>Group</th>
<th>Mean ± SD (MPa)</th>
<th>Weibull modulus (β)</th>
<th>Characteristic strength (α)</th>
<th>SBS (MPa) at 10% probability of failure</th>
<th>SBS (MPa) at 90% probability of failure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>22.9 ± 6.6⁶</td>
<td>3.6</td>
<td>25.1</td>
<td>13.5</td>
<td>31.6</td>
</tr>
<tr>
<td>2</td>
<td>16.1 ± 7.3(bc)</td>
<td>1.9</td>
<td>18.7</td>
<td>5.8</td>
<td>28.8</td>
</tr>
<tr>
<td>3</td>
<td>36.2 ± 8.2ᵃ</td>
<td>6.5</td>
<td>39.6</td>
<td>28.0</td>
<td>45.0</td>
</tr>
<tr>
<td>4</td>
<td>13.1 ± 10.0ᶜ</td>
<td>1.3</td>
<td>14.3</td>
<td>2.6</td>
<td>27.1</td>
</tr>
</tbody>
</table>

Different letters denote significant (P < 0.05) differences exist.

The ARI scores are presented in Table 2. Eighty-five per cent of the scores were either 0 or 1, indicating that after debonding, most adhesive remained on the bracket. Neither pumicing (P = 0.66) nor pre-etching (P = 0.91) was found to be statistically significant in predicting the ARI score. Six instances of enamel fractures were identified of which four were found in P+/E+ and two in P−/E+.

**Table 2** Adhesive remnant index (ARI) scores by group. EF, enamel fracture.

<table>
<thead>
<tr>
<th>Group</th>
<th>ARI scores*</th>
<th>EF</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>1</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>2</td>
<td>4</td>
<td>11</td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>8</td>
</tr>
<tr>
<td>4</td>
<td>11</td>
<td>4</td>
</tr>
</tbody>
</table>

* Neither pumicing (P = 0.66) nor pre-etching (P = 0.91) was found to be statistically significant in predicting the ARI score.

**Discussion**

The effects of two types of enamel surface preparations, pumicing, and pre-etching, on the SBS induced by a SEP were evaluated in this study. Pre-etching without pumicing when using SEPs produced greater mean bond strengths compared to that of the manufacturer’s recommendation of pumicing before SEP application. It should be noted that the SBS values for P−/E+ were very high, although they are similar to values found in a few other orthodontic bonding studies (Theodorakopoulou et al., 2004; Uysal et al., 2010). While commonly performed, comparison of bond strength values across studies is problematic due to differences in methodological and testing parameters. Therefore, intra-study group comparisons are most valid. With this in mind, based upon this in vitro bonding study, pre-etching has been shown to be a possible alternative to pumicing when using SEPs.

Considering that the P+/E+ group was pumiced and pre-etched before bonding with the SEP, it could have been expected to have the greatest bond strengths or values similar to P−/E+. However, this was not confirmed by the results of this study. A possibility is that pumicing, pre-etching, and etching from
the SEP may ‘over prepare’ the enamel surface, similar in concept to studies that showed beyond an
optimal conventional etching time, bond strengths remain the same, or may actually decrease (Legler et
al., 1989; Wang and Lu, 1991; Reisner et al., 1997). Alternatively, despite rinsing, pumice may have
remained on the tooth and affected bond strength. Nevertheless, exposing enamel to both a pumicing
and a short acid-etch pretreatment when bonding with SEPs is not a routine clinical protocol and would
unlikely be adopted since only pumicing (P+/E−) or pre-etching (P−/E+) protocols provide clinically
acceptable bond strength (Tavas and Watts, 1984), are simpler, and less time-consuming.

An added variable in this study was establishing a salivary pellicle on the enamel surface. Few, if any, SEP
bonding studies have considered the effects of a salivary pellicle. Turk et al. (2007) examined whether
saliva contamination affects the bond strength of SEPs, by brushing saliva across the prepared bonding
surface, but the short saliva exposure times may not have been sufficient to form a pellicle. It has been
shown by Hannig (1999) that an initial 10–20 nm layer of pellicle forms after 3 minutes of saliva
immersion. After 2 hours, it varies between 80–200 nm (Hannig, 1999; Hannig et al., 2001). In the
current study, when no attempt was made to remove the salivary pellicle through pre-etching or
pumicing, bonding effectiveness appeared compromised as evidenced by the low bond strength for
P−/E−. Clinical trials (Burgess et al., 2006; Lill et al., 2008) have confirmed the importance of pumicing in
the removal of the salivary pellicle before bonding with SEPs in vivo.

A majority of ARI scores for all four groups were 0 or 1, indicating that adhesive was more likely to
remain on the bracket as opposed to the tooth after debonding. Clinically, this is desirable as it would
require less time for clean-up of the enamel. Pre-coated brackets have been shown to leave less
adhesive on the tooth compared to when adhesive is applied to the bracket base at the time of bonding
(Vicente and Bravo, 2007). Enamel fractures were observed among teeth that were pre-etched before
SEP bonding. This observation may be cause for concern even if in vitro bond strengths are not directly
reflective of in vivo bond strengths. Grubisa et al. (2004) reported enamel fractures in a SEP study but
attributed this to tooth storage in formalin. In the current study, the teeth were mounted in acrylic,
which releases heat due to its exothermic setting reaction. It is conceivable that the increased heat
weakened the enamel by inducing microcracks that coalesced under the greater stress observed in
groups 1 and 3. Nevertheless, Retief (1974) has reported enamel fracture at bond strengths of only 9.7
MPa, reflecting the wide variation seen in bonding studies.

For teeth weakened by large restorations or aged teeth with existing cracks, pre-etching during bonding
with SEPs may not be recommended. On the other hand, possible indications for pre-etching with SEPs
include rebonding brackets that have debonded during active treatment, bonding teeth in areas of
increased occlusal forces (second molars), bonding to aprismatic or irregular enamel, and bonding to
surgically exposed teeth.

The results showed more than adequate bond strengths using a 5 second pre-etch. However, this may
not be practical if bonding more than a few teeth with this technique, as by the time etchant is removed
from the first tooth, more than 5 seconds may have elapsed. Clinically, leaving the etchant on for 10
seconds may be more realistic but this could potentially lead to excessive bond strengths when using
SEPs. The cost benefit ratio also should be considered. A clinical trial would be necessary to determine if
the greater expense of SEP compared with conventional primer is of such advantage to use a pre-
etch/SEP technique over a conventional bonding technique.
In vitro studies have indicated acceptable bond strengths when using SEPs with pumicing (Bishara et al., 2001). Additionally, clinical studies have shown relatively few debonds (Burgess et al., 2006; Lill et al., 2008). Nevertheless, anecdotal accounts mention that some clinicians are substituting a pumicing step with a pre-etching step during their SEP bonding protocol. Little evidence exists in the literature examining the effectiveness of this practice. The results obtained in this study suggest that pre-etching enamel prior to SEP application allows absolute exposure of the enamel to the SEP, fully removing the salivary pellicle, maximizing primer penetration of the enamel, and therefore maximizing bond strength. Clinical studies examining debond and enamel fracture rates are needed before fully endorsing this procedure.

Conclusions
Within the limitations of this in vitro bonding study, the results showed

1. A 5 second pre-etch with 37 per cent phosphoric acid, when bonding with SEPs, gives significantly greater bond strengths compared with pumicing.
2. The majority of adhesive remained on the bracket for all four groups with no significant difference observed with pumicing or pre-etching.

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