
The “2for2” Technique: A Modified Double-Evacuation Procedure to Minimize Droplet and Aerosol Production

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When preparing tooth surfaces by polishing, etching, and scaling for direct or indirect bonding,¹ or when removing adhesive for debonding, orthodontists should take strict precautions to prevent COVID-19 transmission by minimizing the production of droplets and aerosols.^{2,3} A four-handed technique using low- and high-volume saliva evacuators has recently been recommended to control droplets and aerosols,³ but this requires two operators. Here is a “2for2” technique that utilizes a double saliva evacuator and two working hands, thus exposing only one operator to the risk of contagion. For a video demonstration, visit <https://youtu.be/oPIvNGoC84k>.

Procedure

1. Isolate the dentition to ensure a dry field.**
2. Connect the low-volume evacuator to the rear connectors.
3. Tie the high-volume evacuator to the front connector using a $5/16$ " , 2oz orthodontic elastic.
4. Position the front evacuator at the desired height for the upper or lower arch.
5. Use a slow-speed handpiece.

Because these materials and equipment are readily available in an orthodontic office, the technique is inexpensive and can be applied immediately. It has the following additional advantages:

- Droplets and aerosols are controlled in both the anterior and posterior areas of the mouth.
- The front high-volume evacuator is flexible enough to be used on either side of the upper or lower arch.
- The technique can be applied in other dental specialties for situations where rubber dams cannot be used.
- Only one operator needs to be present, reducing the risk of infection to orthodontic staff by 50%.

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**NOLA Dry Field System, Great Lakes Dental Technologies, Tonawanda, NY; www.greatlakesdentaltech.com.

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