

## BDA CONFERENCE

very minimally invasive and affordable way. This approach is a reasonable alternative option for patients who would not accept traditional orthodontics or a restorative ceramic solution.

### TYPES OF APPLIANCES

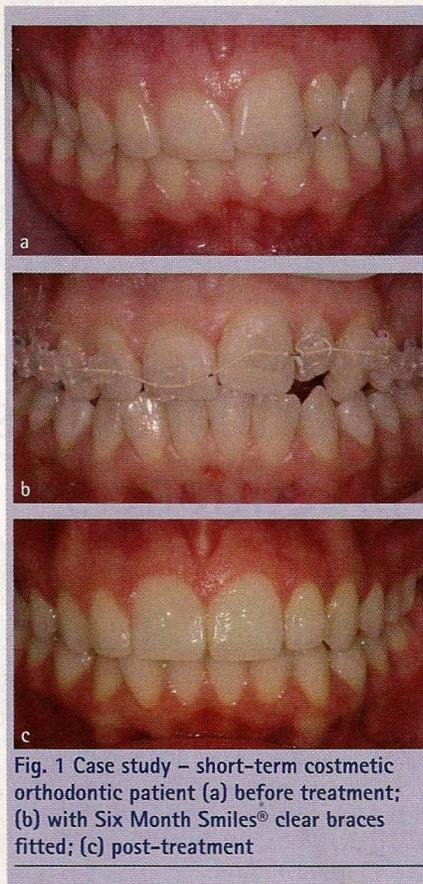
There are several appliances which are simple to use and training is available for general dentists to become proficient with these techniques.

#### 1. Removal appliances:

- Inman Aligner® – this is a NiTi coil activated appliance with clear anterior bars that compress the incisor teeth into alignment with a light continuous force. Some cases can be completed in as little as eight weeks.
- Clear aligners – these are a series of removable trays that fit over the teeth which sequentially squeeze the teeth into alignment. Simple cases can be treated in under a year.

#### 2. Fixed appliances:

- Six Month Smiles® – this is a straight wire orthodontic system which consists of crystal clear labial brackets and tooth coloured super elastic NiTi wires that level and align the teeth that show in the smile but no attempt is made to correct any posterior molar malocclusions. The bracket positions are predetermined by a technician and are delivered using a carrier tray. Most cases can be completed



**Fig. 1** Case study – short-term cosmetic orthodontic patient (a) before treatment; (b) with Six Month Smiles® clear braces fitted; (c) post-treatment

in and around six months.

- Sectional lingual braces – the development of low profile brackets, like STB brackets, allows simple lingual orthodontics involving inter-canine bracketing to level and align the anterior incisors. The brackets

can also be delivered in prepositioned carrier trays. These treatments can be completed in a few months.

### RETENTION

Following any adult orthodontic treatment, including comprehensive care, lifelong retention is imperative to avoid relapse. This can be achieved by either using a removable appliance such as a clear essix retainer or by placing a lingual bonded wire retainer. The movements undertaken with short-term orthodontics are predominately tipping movements rather than bucco lingual root torquing which takes much longer and falls outside the time parameters of short-term orthodontics. For this reason post-treatment retention becomes even more critical.

### Case study

Christine, aged 23, is a typical short-term orthodontic patient who is seeking smile correction. She has declined traditional orthodontics as she was quoted over a year and was not prepared to have her teeth aggressively prepared. She was treated with Six Month Smiles® clear braces and composite incisal edge bonding in around five months.

Anoop Maini will be speaking on this subject on Saturday 27 April at the 2013 British Dental Conference and Exhibition, held at ExCel London.