

SIX MONTH SMILES MINIMALLY INVASIVE COSMETIC DENTISTRY

Anoop Maini gives an overview of Six Month Smiles, a new minimally invasive short-term orthodontic treatment



Anoop Maini

As many practitioners will have experienced, there has been an ever growing demand for smile improvement dentistry by the public especially when such high profile celebrities such as Cheryl Cole have undertaken smile enhancement procedures (Figures 1 and 2). In fact it is difficult to find a dentist these days who does not advertise cosmetic dental services such as

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Figure 1 Cheryl Cole in the early days of Girls Aloud



Figure 2 Cheryl as an X-factor judge

smile makeovers using porcelain veneers.

Over the last few years academies like the British Academy of Cosmetic Dentistry have been striving to educate dentists to deliver cosmetic dentistry ethically and responsibly without resorting unnecessarily to aggressive restorative procedures to correct anterior tooth misalignments. Advocates of minimally invasive dentistry such as Didier Dietschi and Pascal Magne have lectured extensively on the importance of maintaining the Bio Mechanics of teeth for strength and pulpal integrity by avoiding the removal of extensive tooth structure. Aggressive preparations (Figure 3) are difficult to justify when simple orthodontic techniques can be used to easily level and align the teeth. Other minimally invasive procedures such as tooth whitening,



Figure 3: Aggressive preps have largely become a thing of the past as minimally invasive orthodontic techniques have become more accessible for GDCPs

composite bonding or minimal prep veneers can then be used to complete the smile makeover when appropriate.

CONT

CASE STUDY ONE



Figure 4: Pre treatment

Don wanted to get rid of his fangs – he hated his smile and enquired about veneers. He refused comprehensive orthodontics but was a good candidate for the Six Month Smiles. This option allowed Don to get the smile he desired without the need for aggressive tooth



Figure 5: Post treatment

preparations.

Figure 2 shows Don after treatment with the Six Month Smiles System and teeth whitening. A true minimally invasive smile makeover.

unsightly appearance of metal brackets (think ‘Ugly Betty’) is also a major obstacle for these patients.

Over the last few years we have seen huge growth in cosmetically focused adult orthodontic treatment with the use of removable clear aligners such as Invisalign. Clear aligners overcome the second barrier of appearance but experienced providers are familiar with the frustrations associated with this treatment modality:

- Clear aligners are an inefficient way of moving teeth and treatment times tend to be much longer than approaches that involve brackets and wires.
- Tooth movement (extrusions, rotations etc) with clear aligners is not predictable so it is very common to have mid-course corrections and/or refinement phases to the frustrations of the patient and practitioner.
- The laboratory fees are high, approximately £1,400 for an average clear aligner case.

GDPS AND ORTHODONTICS

Most dentists, when they have been presented with a patient with maligned teeth, have the followings options at their disposal:

1. Referral for comprehensive orthodontics
2. Veneer/ porcelain restorations
3. No treatment.

There is a short term orthodontic option called Six Month Smiles that provides GDPs with an effective alternative.

In my own experience, 90% of patients who I’ve referred for comprehensive orthodontics declined this treatment on the basis of time, which for most comprehensive orthodontic treatments is over two to three years. The

SIX MONTH SMILES

Six Month Smiles is a system that provides a realistic alternative for a large percentage of adult patients who refuse comprehensive orthodontics by overcoming the two main objections of time and appearance of metal braces. Similar to clear aligner treatment, Six Months Smiles does not replace comprehensive orthodontics. It is a realistic alternative for adult patients who refuse comprehensive orthodontics. The philosophy of Six Month Smiles is to provide an average treatment time of just six months. The system utilises Six Month Smiles’ Lucid- Lok clear short-term orthodontic brackets and

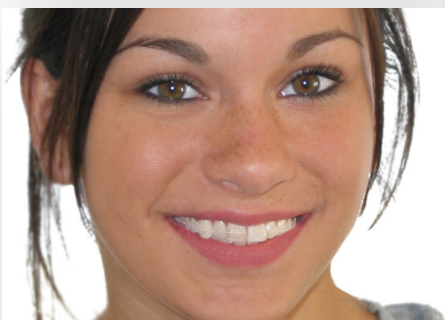


Figure 6: This patient is wearing Six Month Smiles Lucid-Lok braces. The average case fee for Six Month Smiles is just £300 so it is a very profitable procedure for practitioners in comparison to the leading clear aligner company.

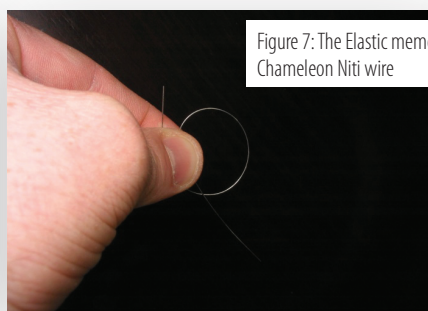
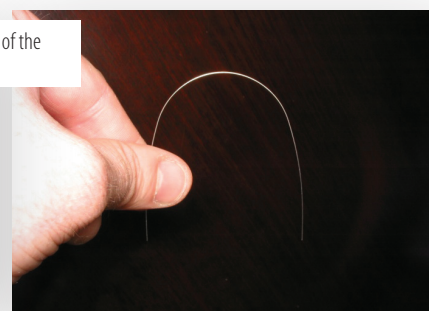


Figure 7: The Elastic memory of the Chameleon Niti wire



Chameleon tooth-coloured Niti wires (Figure 6). The primary focus of treatment with Six Month Smiles is on resolving the patient's aesthetic concerns and not on making significant changes to the posterior occlusal scheme. The scope of treatment is very similar to that of clear aligner treatment but the tooth movement is much more predictable and generally occurs about two to three times faster.

The Six Months Smiles enables practitioner to deliver the following quickly and predictably:

- Round out the arches, which in many cases provides the inter-canine space to align the anterior teeth
- Level and align the arches including intrusions and extrusions and overbite corrections
- Straighten teeth (correct crowding)
- Close spaces
- Upright flared and tipped teeth
- Level gingival margins

Most general practitioners see orthodontics as a complex mystery because of the way it was presented in dental school. Cosmetically-focused orthodontics is easy to learn and can be used in a large number of adult cases. The Six Month Smiles system is a turnkey short-term orthodontic system designed specifically for the GDP which allows practitioners to deliver orthodontics efficiently and simply for their patients.

HOW DOES IT WORK?

The Six Month Smiles system uses three Chameleon tooth-coloured Niti wires which provide light forces that gently guide the teeth into position. The Niti wires are the work horse of the system and are very flexible. Niti wires have elastic memory which drives the tooth movement. The brackets and wires work in conjunction with one another to position the teeth in the new and more appropriate location (Figure 7).

The Chameleon wires generate a light force which gently guides the teeth into position and discomfort is minimal (Figures 8, 9, 10 and 11).

For most restorative cases it is imperative that gingival symmetry be achieved in order

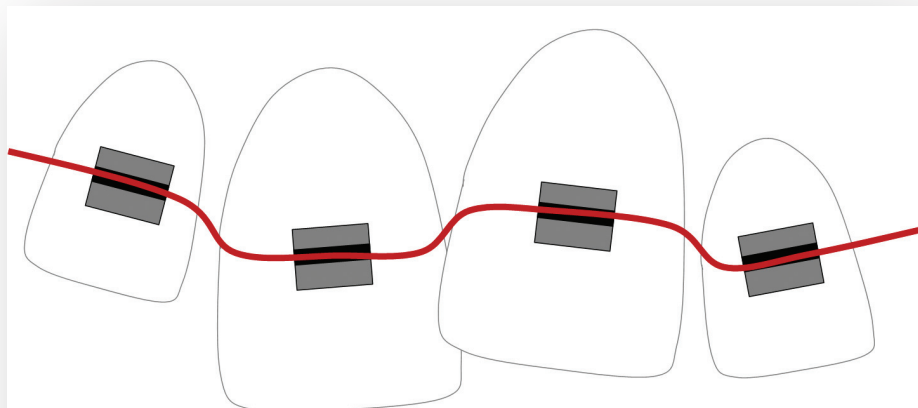


Figure 8: The Six Month Smiles wire is inserted into the brackets which were indirectly placed after having been originally positioned by a highly-skilled bracket technician

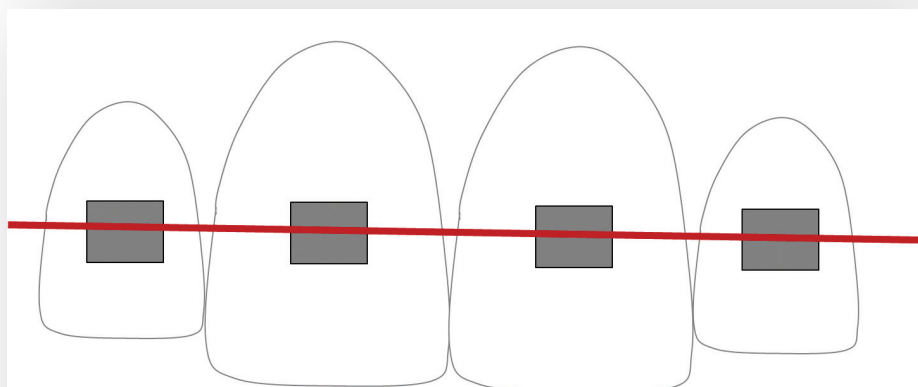


Figure 9: The wire's shape memory properties work in conjunction with the brackets to level and align the teeth. The gingival positions follow the movement of the teeth

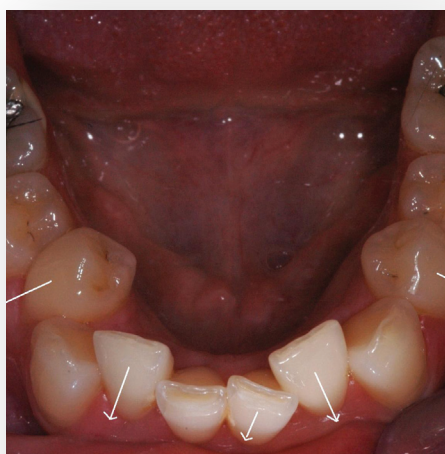


Figure 10: The Six Month Smiles Chameleon wires will round out and align the arch



Figure 11: After treatment using the Six Month Smiles System, the teeth are aligned and the crowding has been resolved. The patient has a bonded Six Month Smiles retainer in situ post treatment to prevent relapse. This case was treated in five months. Similar treatment with clear aligners would typically take two to three times as long

CONT

CASE STUDY TWO



Figure 12: Pre treatment

The patient wanted to change the UR1 and UR2 apically sound post crowns which were unsightly. One option would have been osseous recontouring surgery to align the gingival margins prior to replacing the crowns. A less invasive and very predictable technique is short term orthodontic intrusion using the Six Month Smiles System. The LR2 was also aligned which had



Figure 13: Post treatment

been in cross bite with UR2.

Intrusion of UR1 and UR2 took just four months with the Six Month Smiles system. The patient's teeth were whitened and the crowns were replaced. UL1 was also treated with composite bonding. Gingival harmony was greatly improved.



Figure 14: Six Month Smiles orthodontic bonding trays are used to place the brackets on the patient's teeth. The brackets have been pre-positioned by a Six Month Smiles bracket specialist



Figure 15: The Six Month Smiles Patient Tray Kit contains all the necessary short term orthodontic items and is customised for each patient. It is very efficient and HTM-0105 friendly

to create a balanced and aesthetic outcome. With strategic bracket positioning, individual teeth or groups of teeth can be intruded or extruded orthodontically. Having control over the position of the teeth allows tremendous freedom and flexibility for restorative dentists. An approach that involves moving the teeth to a more ideal position prevents the need for invasive osseous crown lengthening, which can be uncomfortable for patients and extends treatment times. Six Month Smiles allows practitioners to achieve these changes to tooth position quickly and effortlessly (Figures 12 and 13).

Other situations where short term orthodontics using Six Month Smiles can assist your restorative care are:

4. Deep bite class 2 division 2 cases with over erupted worn lower incisors. The arches can be levelled and the teeth can then be restored in a much more 'porcelain friendly' occlusal environment
5. Over erupted worn upper incisors where the incisal edge is in the correct facial plane. The incisors can be intruded to create space for restorations
6. Before extraction and implant placement, teeth can easily be orthodontically extruded to pull valuable bone into the implant site

7. Prealign teeth and gingival margins so that veneers can be placed with minimal preparation

SUMMARY

The thought of placing orthodontic brackets seems daunting for most dentists. At the Six Month Smiles case processing facility, bracket specialists set up the case and place the brackets in the proper locations. The case is returned to the practitioner in the Six Month Smiles Patient Tray Kit. The Patient Tray Kit is a custom kit that includes all of the necessary treatment materials including bonding trays that make bracket placement as easy as seating whitening trays (Figures 14 and 15). The Six Month Smiles wires (also included in the Patient Tray Kit) are then tied to the brackets and the patient is seen once every month for minor adjustments. The wires and pre-positioned Lucid-Lok brackets work in conjunction to unravel the teeth, round out the arches, level the arches and create the desired symmetry and occlusal scheme.

When the teeth are in the desired position and the case has been completed, the brackets are easily removed and the appropriate retention protocol is established. Retention is an extremely important part of any orthodontic treatment approach and is a specific part of the Six Month Smiles system. Some Six Month Smiles providers prefer removable retention protocols while others prefer bonded retention. Either way, the Six Month Smiles System provides a turnkey way for GPs to help their adult patients who are currently living with crooked teeth but desperately want to make a change. Traditional orthodontic treatment usually provides the most comprehensive orthodontic change but the Six Month Smiles System is a safe and attractive alternative for adult patients.

To learn how to use the system and become a Recognised Six Month Smiles Provider there are hands on courses in the UK held biannually in London. For details please visit www.SixMonthSmiles.com.

To ask a question or comment on this article please send an email to: comments@ppdentistry.com

CASE STUDY THREE



Figure 16: Pre treatment



Figure 17: Post treatment



Figure 18: Pre treatment maxillary occlusal view



Figure 19: Post treatment maxillary occlusal view

Claire was not happy with her smile and had seen several orthodontists over the years. She was quoted several years of orthodontic treatment but she was not willing to accept those treatment options. She was attracted to Six Month Smiles after reading about the system on the internet. She had an UL2 in cross bite and narrow arch in the premolar area. After five months of treatment using the Six Month Smiles system her smile was vastly improved. This improvement included correction of dental crowding, broadening the smile and levelling of the dental arches. The treatment included seven visits to the clinic for 15 minutes each. With clear aligners this would have been a much more challenging case and would have taken two to three times longer.



Figure 20: Pre treatment full-face view



Figure 21: Post treatment full-face view