Upper Arch Alignment with the ClearSmile Inman Aligner

By Inman Aligner

Treatment planning
In this case, the patient contacted the clinic because she was both unhappy with her upper anterior teeth and worried about the increasing crowding. At this time, she did not feel that crowding in the lower arch was a problem. She made it clear she was not motivated for fixed orthodontics and was interested to know if her upper anterior teeth could be aligned with the ClearSmile Inman Aligner. After an orthodontic assessment, UR2 was identified as the landmark incisor, and the Spacewize™ crowding calculator showed that the difference between the available space and required space was 2 mm.

When the case was submitted to the IAS Academy’s online support along with clinical photographs and Spacewize™ analysis, the trainers confirmed that it was a suitable case for the ClearSmile Inman Aligner with a combined expander, and would help to unlock the overlapping central incisors. The trainer also said that it may not be possible to completely align the upper arch while the lower arch remained crowded, so a digital setup was requested from the laboratory to ascertain exactly what could be achieved. Using the digital setup, I was able to discuss the final outcome with the patient, as well as explain the composite bonding process that would take place at the end. The treatment goal was to achieve straighter, more natural looking teeth and restore incisal wear in UR1 and UL1 while preserving the enamel. Information about the bonded retainer was also given at this time and the importance of retention. After she consented to the treatment plan, impressions were made and the appliance was ordered from the laboratory.

Mentorship
At every step of the way the trainers were available via the online support platform to provide advice on how best to approach the treatment pathway. In appointment order, their guidance was as follows:

- Remove anchor from UL1 to drive out UL1 before starting the rotation of UR2.
- Wait for the front teeth to unwind, focusing on the expansion.
- Don’t turn the expander too quickly as it will induce unwanted tooth movement.

After the fourth appointment, I also received feedback from one of the trainers suggesting that I should have waited until the UR1 distal was a little further forward before adding the labial anchor, which is much easier to achieve as the midline movement will be a better approach.

Appointments
1. First ClearSmile Aligner fitted.

2. UR1 anchor removed, and IPR and PPR carried out using discs for canines and blue/red strips for anterior teeth.

3. Progress with crowding on target at this point thanks to use of expander. IPR strips used and space between UR1 and UL1 polished.

4. During this appointment, I was taught to focus on the expansion.

5. Patient had turned the expander eight times by this point – instructed to stop. PPR carried out on UR1 to unlock the overlapping central incisors.

6. First ClearSmile Aligner fitted.

7. Second ClearSmile Aligner fitted and worn for two weeks solid before being used at night to aid retention. At this point there was a break in treatment, as the patient was breastfeeding her baby.

8. After a couple of months, treatment recommenced with bleaching and impressions were taken for a retainer.

9. Fixed retainer bonded followed by composite bonding of UR1 and UL1 using the reversed triangle technique. The benefits of this technique include:

   - Affordable
   - Ethical (preserves tooth structure)
   - Aesthetic
   - Simple
   - Complements alignment therapy

10. Afterwards, the restoration was polished with both fine disks and Mini Flexibuff with Enamelize polishing paste. At the end of this appointment, new impressions were taken for new bleaching trays and an Essix retainer.

   Composite re-polished and patient given bleaching tray and retainer to wear at night.

Table 1 – Assessment / Diagnosis

<table>
<thead>
<tr>
<th>Skeletal</th>
<th>FMPA</th>
<th>Lower face height</th>
<th>Facial asymmetry</th>
<th>Soft tissue</th>
<th>Incisor relationship</th>
<th>Overjet</th>
<th>Overbite</th>
<th>Displacement on closure</th>
<th>Molar relationship</th>
<th>Canine relationship</th>
<th>Teeth present</th>
<th>Centredness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Class I</td>
<td>Average</td>
<td>Average</td>
<td>No</td>
<td>Normal NL angle</td>
<td>Class I (crowded)</td>
<td>4mm (at UR1)</td>
<td>30 per cent overlap of incisors</td>
<td>No</td>
<td>Class I</td>
<td>Class I</td>
<td>All present</td>
<td>2mm deviated to the right in upper</td>
</tr>
</tbody>
</table>

Dr Solveig Skar
Dr Solveig graduated from the University of Bergen in 1998 and purchased her own dental clinic in 2005. Now, she is a member of the Scandinavian Academy of Esthetic Dentistry and has been a certified user of the ClearSmile Inman Aligner since 2013 (she took the advanced course in 2014). Here, she details the case of a 28-year-old female patient who received upper alignment treatment using the ClearSmile Inman Aligner.
MAINTAIN IMPLANTS WITH GUIDED BIOFILM THERAPY

SAFE AND COMFORTABLE BIOFILM REMOVAL

PERI IMPLANTITIS IS EASILY TREATABLE

POWER SCALING CAUSES NO ALTERATIONS TO THE IMPLANT SURFACE

OMAN: BAHWAN HEALTHCARE CENTRE LLC
Phone: +968 24650767
jpp.service@suialbahwangurop.com

BAHRAIN: GULF CORPORATION FOR TECHNOLOGY
Phone: +973 17239399
roshan@gctbahrain.com

KUWAIT: AL-BADER AL-OULA MEDICAL CO. WLL
Phone: +965 22461116
bader@al-bader.com

LEBANON: MEDETECH S.A.R.L.
Phone: +961 1875401
medek@inco.com.lb

QATAR: ACCROS TRADING
Phone: +974 44816511
info@accros.org

EGYPT: IMECO
Phone: +20 34871254
imeco-eg@yahoo.com

IRAN: APADANA TAK
Phone: +98 21 88646006-10
apadanatak@gmail.com

SAUDI ARABIA: AL-TURKI MEDICAL GROUP
Phone: +966 558066851
a.wanley@alturki.med.sa

JORDAN: BASAMAT MEDICAL SUPPLIES
Phone: +962 65605395
sales@basamatsam.com

OMAN: SALA MEDICAL COMPLEX
Phone: +968 24458159
salamedical@yahoo.com

LEBANON: MEDETECH S.A.R.L.
Phone: +961 1875401
medek@inco.com.lb

QATAR: ACCROS TRADING
Phone: +974 44816511
info@accros.org

EGYPT: IMECO
Phone: +20 34871254
imeco-eg@yahoo.com

IRAN: APADANA TAK
Phone: +98 21 88646006-10
apadanatak@gmail.com

SAUDI ARABIA: AL-TURKI MEDICAL GROUP
Phone: +966 558066851
a.wanley@alturki.med.sa

JORDAN: BASAMAT MEDICAL SUPPLIES
Phone: +962 65605395
sales@basamatsam.com

OMAN: SALA MEDICAL COMPLEX
Phone: +968 24458159
salamedical@yahoo.com

LEBANON: MEDETECH S.A.R.L.
Phone: +961 1875401
medek@inco.com.lb

QATAR: ACCROS TRADING
Phone: +974 44816511
info@accros.org

EGYPT: IMECO
Phone: +20 34871254
imeco-eg@yahoo.com

IRAN: APADANA TAK
Phone: +98 21 88646006-10
apadanatak@gmail.com

SAUDI ARABIA: AL-TURKI MEDICAL GROUP
Phone: +966 558066851
a.wanley@alturki.med.sa

JORDAN: BASAMAT MEDICAL SUPPLIES
Phone: +962 65605395
sales@basamatsam.com

OMAN: SALA MEDICAL COMPLEX
Phone: +968 24458159
salamedical@yahoo.com
The ClearSmile Inman Aligner course is part of the IAS Academy pathway of training for GDPs. The course is a continuum and two cases must be submitted and evaluated on completion for website listing.

DUBAI
May 2018

The New Concept of Alignment, Bleaching and Bonding Certification Course

Straight teeth...
Fast!

www.cappmea.com

Contact Us:
Mobile: +971502793711
Telephone: +971 4 347 6747
E-mail: events@cappmea.com
www.cappmea.com/cadcam

Organized by