Case 5 (Figures 18–20)
This patient presented with what she described as a "wonky smile". She had previously looked into the possibility of having porcelain veneers placed but found that some of the aims of smile design. However, on studying her teeth, it became clear that there was potential to pre-align her upper right central was mesially rotated and the upper lateral was slightly in-standing and mesially inclined. Furthermore, she had fairly stained teeth, with the canines two shades darker than the centrals.

On examining the occlusal view, the patient became aware of the extent of aggressive tooth preparation that would be required to place a veneer. She understood that her teeth needed to be aligned before she could make a decision on the next step in treatment.

An Inman Aligner was used over the period of eleven weeks. At week eight, bleach was used to straighten and whiten any areas. At week ten, bleach was used to whiten at week 10.

"wonky smile". She had pre-aligner treatment, as it helps Simultaneous whitening and bleaching at week 10.

An Inman Aligner was used to straighten and whiten her teeth. She was satisfied that her teeth needed progressive tooth preparation in order to achieve the smile she desired.

For placement of the incisal edges at week twelve, no loco-anesthetic was administered. Other than slight roughening of the worn incisal edges of the upper left 1 and 2, no other preparations were needed. A tetric hybrid composite (Tetric Flow, Ivoclar Vivadent) was built up free-hand on the incisal edge and palatal surface to match the outline of the other central. A small amount of white opaque filler was dotted to match the facial surface and was simply filled with a nano-hybrid composite (Ve nus Diamond, Heraeus) for high polish. The composite was polished vertically using rubber sticks (PoGo, DENTSPLY DeTrey) to try to blend in with surface anatomy to mask the join. The process was repeated on the lateral.

The patient was held in re-positioning during her aligner and an impression was taken for a wire retainer to be fitted two weeks later. It was especially nice to retain the natural aesthetic characterisation of this patient. Ceramic work, as beautiful as it can be, would certainly have changed her appearance more – some may say for the better, but that was not what the patient actually wanted. She wanted her own teeth to have correct length and look straighter and whiter.

Shared responsibility of treatment
The ABB concept can truly be described as minimally invasive. At the same time, it actively involves the patient in the treatment, giving him/her a feeling of being in control and taking responsibility for his/her treatment. This has been proven to be of great significance when measuring patient satisfaction of treatment results. There are many anecdotal stories about patients who had technically beautiful veneers placed but found that they simply did not meet their desires. The problem is that even with no-preparation veneers, an irreversible procedure has been under-taken and this has been done mainly based upon the treating dentist’s opinion, with the patient having very little input.

In my experience, every patient that I have treated ac- cording to the ABB concept has accepted the result happily, even though technically it might not be perfect from a smile design point of view. Nowadays, with rising levels of litigation, one would have to question the wisdom of selecting a treatment path that could result in conflict over one in which the patient participates in key decisions and sees his/her own teeth improve.

I believe this approach firmly sits alongside minimally invasive cosmetic dentistry core principles, which recommend a more minimally invasive and patient-led approach.

Conclusion
I understand the controversy in challenging the tradition- al approach to smile design, but I cannot see why progressive smile design is vital when we are looking to give our patients what they actually want. Previously, Whitening was always a way to make patients feel more comfortable with their alternatives in the dental world. Now, and more significantly with alignment techniques, patients can make their own decisions and massively reduce the stress by breaking down the process of a smile makeover into stages and re-assessing at each point.

With ABB, it is possible to align the teeth and bond a case in less than twelve weeks, which previously might have required eight to ten veneers, four times the cost and significant tooth preparation. Thus, a dramat- ic contrast in pathways has been created. If a patient is happy after alignment, whitening and minimal bonding, then this has to be viewed as a success. This UK technique is now a significant new treatment discipline in itself and cosmetic dentistry will be better for it. After all, what would you choose to have?

Philips Sonicare FlexCare Platinum

By Philips

Philips Sonicare FlexCare Platinum is the latest introduction from the number one sonic toothbrush brand recom- mended by dental profession- als worldwide. The new Philips Sonicare FlexCare Platinum is uniquely designed to give patients an even deeper clean between the teeth, removing up to six times more plaque between teeth than a manual toothbrush.

Sonic technology
The innovative Philips Sonic- are designed to move back and forth at 30,000 brushstrokes a minute to create a dynamic yet gen- tle cleaning action. Its brush head moves with a side-to-side sweeping motion and a high filament tip velocity to gently drie fluid deep between the teeth and along the gum line.

InterCare - the innovative interdental brush head
The Philips Sonicare FlexCare Platinum features a new brush head with innovative anchor- free tufting technology and extra-long filaments designed to reach deep between teeth and remove more interdental plaque biofilm than a manual toothbrush.

The Philips FlexCare Plati- num’s brush head filaments are molded directly in the plastic housing allowing for a unique filament pattern and lengths designed to deliver an optimal and complete clean. As opposed to other brush heads that wrap filaments in metal loops implanted in the brush head before being cut to size from above, anchor-free tuft- ing technology pulls filaments through the brush head until they are the right length and are then cut from below. This ensures that the filament tips remain uniform in shape and can be rounded for a gentle yet effective clean.

Anchor-free tufting technology also allows for the brush head to be fitted with more filaments than traditional brush heads, which can be arranged in various patterns to perform specific tasks:

• Remodel filaments - fade to remind the user to change the brush head after approximate- ly three months
• Along-the-gum-line fila- ments - remove plaque along the gum line
• Elongated filaments - reach deep in between teeth
• White filaments - polish and clean the surface of the teeth

The InterCare brush head is available in standard and com- pact sizes.

The InterCare brush head is available in standard and compact sizes.

Brushing modes and three adjustable intensity settings to give pa- tients greater control over their brushing experience and to deliver a cleaning action suit- ed to their specific needs. The toothbrush has three cleaning settings:

• Clean - standard cleaning for the whole mouth
• White - removes stains and helps whiten teeth
• Gum Care - gently stimu- lates and massages the gums

Additionally, three adjustable pressure intensity settings to give maxi- mum control and comfort:

• Normal - the standard inten- sity for normal brushing
• Sensitive - a gentle intensity for sensitive teeth
• Extra soft - an extra-gentle intensity for an even softer brushing experience

Automatic pressure sensor
The new Philips Sonicare Fl- exCare Platinum also features an automatic pressure sensor which provides real time feed- back to the user to ensure an optimal clean every time.

UV sanitizer
The Philips Sonicare FlexCare Platinum is also available with a UV sanitizer to help reduce the bacteria build up on toothbrush heads.

Contact Information
Dr. Tiff Qureshi is the Past Presi- dent of the BACD.
He presents hands on courses and lectures on the Inman Align- er worldwide.

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References are available from the author.