The New Frontier of Interceptive Aesthetic Orthodontics

How the simple “3-Step Smile” can offer far more than you might realize. Dr. Tif Qureshi, discusses how the treatment of mild and moderate crowding has far more than just cosmetic orthodontic objectives.

By Dr. Tif Qureshi, UK

Currently in the market of dentistry it seems as if they are 1000 short-term orthodontic systems out there. The term “cosmetic orthodontics” has been around for a little while but in this article we are going to take an alternative view of what we can achieve. The problem with the term “cosmetic” is that it often suggests things are being done just for visual reasons. This article will argue that in treating mild and moderate crowding cases we are potentially carrying out an interceptive functional treatment.

There have been criticisms from people suggesting that the cosmetic orthodontics and short term orthodontics causes anterior flaring and loss of control of the anterior occlusion. This may be true if there has been no arch evaluation/planning or space creation strategy. If these things have been carried out then actually the opposite is true, and arguably every better control of the anterior occlusion than in any other form of orthodontics.

This article will also look how simple three-step approach can massively improve the patient’s appearance, their function and intercept the continual crowding life causes more problems without the need to pick up a drill or damage any teeth.

This three-step approach we call the ‘three step smile’ through alignment bleaching and bonding. With the right components carried out at the right time it is possible to make the patient’s own teeth look more beautiful without the need for porcelain veneers or other irreversible procedures.

The most important article in dentistry that the profession seems to miss is Br J Orthod. 1990 Aug; 17(3):235-41. Stability and relapse of dental arch alignment.

Little RM
1. Arch length reduces following orthodontic treatment, but also does so in untreated normal occlusions.
2. Arch width measured across the mandibular canine teeth typically reduces post-treatment whether the case was expanded during treatment or not. 3. Mandibular anterior crowding during the post-treatment phase is a continuing phenomenon well into the 20-40 age bracket and likely beyond. 4. Third molar absence or presence, impacted or fully erupted, seems to have little effect on the occurrence or degree of relapse. 5. The degree of post-retention anterior crowding is both unpredictable and variable and no pretreatment variables either from clinical findings, casts, or cephalometric radiographs before or after treatment seem to be useful predictors.

This 40 year study is so important...
Conceived by dental educators and designed by world-class Italian designers, the Smily Dental Simulator is a patented and multi-dimensional teaching modality.

Its modular construction addresses space considerations while providing self-contained learning islands for ultimate teacher/student interface. In addition to teaching simulation the Smily platform incorporates multimedia capabilities that enhance the teaching process and accommodate the growing requirement for audio, video, data processing and image guided technologies: EasyTeach 3D and EasyLearn.

EasyTeach 3D permits the video-transmission of lesson to all connected positions, monitoring in real-time all students. EasyLearn is a revolutionary computerized dental training system. It uses the latest in optic, imaging and simulation technologies to give the dental student the best and most effective training experience available in the world today. As s/he practices procedures, the dental student is provided with case history information about the simulated patient, on-screen visual tracking of the procedure s/he is performing, real-time digital feedback and evaluation of procedures performed.
“Three step smile” alignment bleaching and bonding, with far less risk, better consenting and arguably a far more natural outcome than traditional veneer preparations.”
“Never stop being curious and open for new things”

An interview with Dr. Gun Norell

By Dental Tribune MEA/CAPPmea

Dental Tribune MEA & CAPPmea

Dental Tribune MEA & CAPPmea spoke with Dr. Gun Norell about Inman Aligner Academy.

Dr. Gun Norell: To work as a Dentist in this region has been a wonderful experience but also a great challenge since we have a multicultural population. Everyday I treat patients with different needs and complaints. Some of them need comprehensive multidisciplinary treatments while other patients only need small cosmetic treatments. It is very important to listen carefully and respect every individual patient. This means I continuously have to develop my skills.

You have famously become an advocate for minimal invasive dentistry and the Inman Aligner Academy, how were you first exposed to the possibilities behind the Alignment, Bonding and Bonding concept/treatment and why did you start?

First time I heard about Inman Aligner was in the US when I attended a meeting AACD (American Academy for Cosmetic Dentistry) and talked to a Swedish colleague. She told me about the Inman Aligner and the concept with bonding and bonding. This immediately caught my interest so I signed up for next Certification course in London 2001. After the course I couldn’t wait to get back to Dubai and start treating my patients this way. Finally I had the knowledge and the treatment to give my patients a great smile in a fast, safe and predictable way that fits the lifestyle of most people in UAE. As predicted, the Inman Aligner treatment has been a great success from the very beginning and the treatment usually only takes 6-16 weeks.

With the experience you have in the region, why is minimal invasive dentistry so important for the patients as opposed to invasive dentistry?

Most people want white, straight teeth and a beautiful smile but they do not understand the full procedure for different treatments. My patients in this region are young and that means most of them they have healthy front teeth but they are often misaligned and discolored. If you cut these teeth and fit them with veneers you put them in a great risk for further treatments later on. The gums recede by the time and veneers usually has to be replaced after 10-20 years. Each time you replace the veneers you remove more tooth substance. Therefore veneers should be the last resort.

To align the teeth the minimal invasive way with the Inman Aligner before bleaching and bonding with composite gives you a natural beautiful smile with white and straight teeth for life.

How do you best describe the Inman Aligner as a concept and its integration into the Alignment, Bonding and Bleaching package?

What has been revolutionary about Inman Aligner is how you can combine different kind of treatments in a way that has not been done before and since GP can do all treatment it is available for all patients.

When should dentists use the concept of the Academy and how long can each treatment last before the patient is happy with the results?

IAS training doesn’t stop there, however, a learning continuum has been developed that encourages dentists to carry on refining their practical skills and experience through a range of additional courses, study clubs, workshops and online resources. Full case mentoring is also provided and new users can submit their first completed cases for review and evaluation the online support to achieve full accreditation.

If dentists in the MEA region would like to use The New Concept of ABB, they should first attend the certification course of the Inman Aligner Academy. What exactly happens during the hands-on course and how does this guarantee certification?

The hands-on course is structured in different parts: Introduction, philosophy and terminology, applications and movement induction, case diagnosis and selection process, philosophy and terminologies, occlusion and arch summary, case discussion and troubleshooting, Anchors, finishing and retention, treatment execution IPR/ Anchors, finishing and retention, case discussion and troubleshooting, the Inman Aligner Forum online so you can be guided to execute the the hands-on course and how does this guarantee certification?

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Understanding Passive Self-Ligation (The Damon System)

- Damon System & Mini-screws: Optimized Mechanics – Sophisticated Simplicity – Spectacular Results

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Clinical Evaluation of Self-Ligating Damon System and the Competition

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Dr. Gun Norell, Sweden