Minimally invasive preparation treatment

By Dr Alina Lazar, Germany

In this case, the patient – a 26-year-old female – approached the practice after finding us on the internet. She had already visited three other dentists for a consultation with her main complaints being crowding and dental erosion of her anterior teeth. Part of the problem was that she had been drinking more than one litre of sugary drinks, such as cola and juice, every day – one of the leading causes of dental caries and enamel erosion.

Expander and IAS Inman Aligner Treatment

The first step needed to achieve the intended outcome was to complete a full orthodontic treatment. As the patient wanted an effective, safe and minimally invasive solution to anterior alignment, she opted for the IAS Inman Aligner. Although the initial examination showed no abnormalities, the model analysis and SpaceWize arch evaluation software calculations revealed that 2 mm of space would need to be created before the IAS Inman Aligner treatment could begin.

Following professional tooth cleaning, the expander was fitted and the patient instructed to wear it for 22 hours a day and to adjust the appliance once every three days by one turn. Over the course of the expansion treatment, parts of the fan screw were removed. Firstly from 13 and 23 and eventually it was removed from 11, 21 and finally 12. After six weeks and a new SpaceWize calculation, the amount of expansion needed had been reduced to 1.8 mm.

Digital Smile Design and Bleaching

To further improve the aesthetics of the patient’s smile, anaxGUM from anaxDENT – a gingiva-coloured composite for the aesthetic reconstruction of the gingiva – was applied to 41 and 31. At this time the patient also had a filling (class fiv) and performed home bleaching with Opalescence® PF 20%. This was followed by the use of Belief Oral Care Gel to reduce the sensitivity caused by the whitening treatment. An individual vacuum-formed template was created to monitor the development of the treatment process. It was very rewarding to see the patient become emotional as she realised the changes that were being achieved.

Once the digital smile design analysis and mock-up were complete, only the finishing touches were left. The initial part of this was crown lengthening on 14, 15, 22, 24 and 25, which took place at the same time as the preparation. Shortly after, non-prep- aration veneers were placed on 14, 15, 24 and 25 and veneers were placed on 11, 13, 21 and 23. Additionally, a partial crown was bonded on 12 and an IPS e.max Press from Ivoclar Viadent was used on the incisors – the MT Ingots chosen were A3 and were modified using both the cut-back and layering techniques.

References


Dr Alina Lazar has been practicing dentistry since 1994 and founded ‘Praxis Dr. Alina Lazar’ in Germany in 2001. She completed further qualifications to become a Specialist in Aesthetic Dentistry in 2012 and is a certified provider of the IAS Inman Aligner in 2013. Alina also completed the IAS Advanced training course in 2014 to develop her knowledge and skills in anterior alignment.
The IAS Inman Aligner course is part of the IAS Academy pathway of training for GDPs. The course is now a continuum and 2 cases must be submitted and evaluated on completion for website listing.

For more information on the IAS Inman Aligner and upcoming training courses, please visit www.inmanaligner.com or call 0845 366 5477

Inman Aligner Academy Certification Courses in GCC

By Dental Tribune MEA/CAPPmea

The Inman Aligner is the perfect solution for crowding or protrusion of the front teeth. It is really fast, very safe and great value. With the patented Inman Aligner, your front teeth can be gently guided to an ideal position in a matter of weeks. Most cases complete in 6-18 weeks and because it’s removable you can take it out to fit with your lifestyle (inmanaligner.com).

How does it work?
The Inman Aligner corrects teeth position using Nickel Titanium coil springs that power two aligner bows which set the teeth to their desired position. These bows gently oppose each other, the inner one pushes forwards, while the outer bow pulls back on the front teeth.

How long does the treatment take?
For relative cases, the Inman Aligner treatment is usually much faster than other orthodontic techniques. Most cases are completed within 6–18 weeks.

After the Certification course the participants will understand case selection and implantation for the Inman Aligner orthodontic appliance along with the concept of progressive smile to provide minimally invasive-cosmetic dentistry. At the end of the day delegates will be listed as an Inman Aligner Certified User.

The next “The New Concept of Alignment, Bleaching and Bonding (Inman Aligner)” Certification course will take place in Jumeirah Beach Hotel, Dubai, UAE during the 8th Dental Facial Cosmetic Int’l Conference on 06 November 2016.

For more information on available courses in GCC visit www.cappmea.com website and at the same time book your spot for the next course.

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