Spring forward

BOS members Fiona Ryan and Zahra Sheritech report on the recent British Orthodontic Society’s spring Meeting in Dublin

The British Orthodontic Society’s Spring Meeting was held in the Royal College of Surgeons of Ireland, an impressive building which is over 200 years old, on the corner of St Stephen’s Green in the heart of Dublin. Following lunch, BOS Chairman Peter McCallum, opened the proceedings with an overview of the events of the week, taking as a case in point the two main societies, the BOS and the Orthodontic Society of Ireland, both of whom are involved in the day-to-day activities of orthodontics. It was an excellent start to the Friday afternoon session, presenting ‘Lingual Orthodontics: the latest history’. The most recent advancement in laboratory manufacturing of Incognito, developed by the speaker, has resulted in a customised appliance which is not only more comfortable for the patient but also boasts accurate torque and translation of teeth. The results from individualised archwires as well as gold brackets with precise slot dimensions were discussed in growing, non-growing, and growing individuals. Peter Huntley presented cases to highlight the indications for the use of Invisalign, including mild to moderate crowding with class I buccal segments, expansion and distal movement and post-treatment relapse. He outlined its benefits including aesthetics, gentle forces and facilitating oral hygiene. However, he advised that care must be taken to eliminate undercuts during manufacturing as well as understanding its limitations in terms of the tooth movements that can be achieved. We were very lucky indeed to receive an excellent technical presentation from a very experienced clinician.

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Following the break, the session was chaired by Cath Crocker of the OSI, who introduced the next speaker, selling coach, Ashley Larter. Ashley was quick to dispel the negative stereotype of a ‘salesman’ with his engaging and interactive session on ‘Helping patients to say yes’. He started by reminding the audience that an investment in knowledge always pays the best interest and continued over the next hour to promote positive selling. Ashley views selling in orthodontics as a combination of building relationships with the right types of patients, finding out their problems, and then solving them. He reminded the listeners that the reasons patients say no to private treatment is usually nothing to do with technical ability, and that price may be a Ki issue, but is rarely the issue. The initial sceptical audience was won over by the participative Attitude Test, which required the audience to remember 20 items in perfect order. A task the majority managed with success despite initial cynicism. Ashley finished his animated and entertaining presentation by reminding the audience that successful selling is about positive attitude and being pro-active.

Dr Sarver’s mini-aesthetic evaluation

The final presentation before lunch was by David Sarver. This time the focus was on mini-aesthetic evaluation. Dr Sarver exhibited great rapport with the audience as he introduced recent concepts in the quantification of the characteristics of smile aesthetics. As well as showing many examples of the comprehensive three-dimen- sional analysis that Dr Sarver teaches and practises, he re- minded us of the importance of considering the fourth dimen- sion –time – and discussed the influence of aging on the smile. Again, the value of tailoring each treatment plan to the individual was stressed as ‘your smile is your signature’. Dr Sarver spoke about both the shape and propor- tion of a smile, the gingival characteristics, and urged the audience to consider these aspects when striving to deliver the optimal result for every patient.

Complex cases

Dirk Wiechmann returned to present a selection of complex cases treated with Incognito. This was truly impressive! Dr Wiechmann described the use of custom-made Extra-Torque (ET) wires in complex Class II division two malocclusions as well as the use of ribbonwise archwires to manage open and deep bite cases. The use of both lingual and bicuspid auxiliaries allowed excellent control of tooth movement during space closure.

After a welcome tea-break, David Sarver once again took to the stage, introduced by David Bowden, BOS President. The fi- nal topic for discussion was new technologies – soft tissue lasers and CAD-CAM braces. Continuing on the mini-aesthetic theme, Dr Sarver introduced the concept of using soft tissue diode lasers as part of adjunctive orthodontic treatment. Uses for this technique include aesthetic enhancement, such as improving gingival topography, idealising crown proportions, crown lengthening, and resolving crown height asymmetries, in addition to treatment management, for example, eliminating pseudopockets. The benefits of using diode laser to ablate soft tissue; including precision, haemostasis, and the need for topical anaesthesia only, were illustrated.

Finally, Dr Sarver concluded his presentation with an intro- duction to custom-made Computer Aided Design/Computer Aided Manufacture (CAD/CAM) fixed appliances. The Insignia system uses 3D imaging and software which produces customised brackets and wires which theoretically yield opti- mal finishing. The possibility of using this software together with digital images of the pa- tient’s smile has been explored by Dr Sarver in his quest to pro- vide the perfect smile to suit everyone.

If you would like more information about the BOS, visit www.bos.org.uk.