Orthodontic treatment is becoming more accessible, which can only be a good thing for patients. Innovative new systems have enabled general dental practitioners to offer treatment for mild to severe malocclusions, with the close support of experts in the orthodontic field.

Thanks to the media, people in the UK are becoming more interested in achieving straight, white smiles. One of the benefits of orthodontic treatment is that it achieves this naturally, using the patient’s own dentition, and the results can be truly life changing. However, orthodontic treatment requires considerable expertise to perform, and can seem daunting to dentists who already spend a great deal of time on continuous study to improve their skills and knowledge.

Fortunately, the leading system has been designed so that it is organised into a clear structure. This provides GDPs with the most straightforward set of options, and experts are on hand to discuss cases and offer support. When a dentist decides to add orthodontic treatment to his or her treatment list, it is imperative to look at the way the system is organised, since this will impact greatly on the speed and accuracy of treatment.

The leading system is organised into five key elements, with each one addressing a specific area of treatment. Not only does this make the system more intuitive for GDPs, it also promotes appropriate implementation and treatment. It is highly unlikely, with a clear system of processes, for the GDP to miss a crucial stage of the process, and excellent results are facilitated by the step-by-step approach.

The first step is pre-alignment, and in the leading system this part of the process involves the use of the CODA expansion device. This affects expansion in both arches using very light elgiloy wire and soft esther acrylic. Pre-activated and pre-adjusted in the laboratory, the CODA is easy to utilise for the dentist.

The second key element is space closure, which offers the GDP a number of options. Fixed wire and brackets are available, and the laboratory can offer an indirect bonding method to allow space closure either buccally or lingually, but dentists are also able to use an innovative closing spring, which combines a positioning tray in the anterior section, with spring-loaded nickel titanium wire in the buccal section surrounded by acrylic.

The third element is alignment, which uses a set of clear, medical-grade polymer positioners to move teeth incrementally in the desired direction.

The fourth step involves finishing and detailing, with a variety of devices including extrusion elastics, buccal segment settling, the final occlusion refinement and detailing appliance and more.

The fifth element includes the extras, a range of applications for bite opening and anchorage, as well as attachments for gaining a greater purchase on the tooth.

With these five elements, the leading system helps GDPs not only offer orthodontic treatment to patients, but also work confidently, without feeling over-awed by the wealth of options available.

Dr Andrew McCance
Since qualifying in dentistry from Glasgow University, Dr Andrew McCance has gained a wealth of experience in multi-disciplinary practices. In the mid 1990s, Dr McCance began to develop the Clearstep brace, based on the demands of the 4,000 patients treated annually in his specialist practices. Call 01342 337910 or email info@clearstep.co.uk.

About the author