Lingual masters in London
Angela Auluck review the BLOS Spring meeting

Six different lingual systems were showcased at the BLOS Spring Meeting by some of the world’s leading innovators. The prestigious Four Seasons, Canary Wharf was the perfect backdrop for a day of presentations on the latest advances in lingual orthodontics.

**Joint Session**
Dr. Patrick Curiel from Paris, the inventor of Harmony, started the day in a joint session with colleague Dr. Adrien Marinetti talking about his self-ligating fully customised lingual appliance. Although the appliance was launched in the UK almost two years ago this was the first public presentation and the audience was keen to hear what the system had to offer.

The key message was that Harmony is comparable with labial orthodontics in terms of mechanics, treatment time, chairside time and finish. To demonstrate this, the speakers showed a number of cases and highlighted how the constant development of the appliance is embracing new technology such as a fully digitised set-up.

**Inter activity**
Next up was Dr. Woo-Ttum Bittner, Sure Smile QT’s biggest user from Berlin. Dr. Bittner explained to the audience the versatility of the system - the brackets are bonded directly to the teeth and then scanned to produce electronic files. The treatment goals are then simulated on the scanned plaster models prior to producing customised wires as well as fixed retainers. Dr. Bittner described how Sure Smile has empowered his practice and was thrilled with the level of ‘interactivity’ that took place between him and the laboratory.

Dr. Vittorio Cacciafesta turned his attention to the ‘art of orthodontics’. He presented case after case treated with 2D lingual brackets. Dr. Cacciafesta showed cases with labial orthodontics in terms of mechanics, treatment time, chairside time and finish. To demonstrate this, the speakers showed a number of cases and highlighted how the constant development of the appliance is embracing new technology such as a fully digitised set-up.

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impacted canines, segmented mechanics and demonstrated how torque control was possible with 2D brackets. He concluded that the 2D lingual technique can often simplify lingual treatment although it does have its limitation and art is certainly the sentiment.

eBrace
The last speaker for the morning session was Dr. Silvia Geron from Israel. Dr. Geron commonly uses eBrace in her clinical practice and wanted to share with the group her experience of the appliance. eBrace is a fully customised lingual appliance with a self-ligating option. The uniqueness of the appliance is:

• its small size
• comfortable fit
• ease of early engagement of all the brackets
• the built-in torque in the bracket base and slot which reduces need for bending the archwire

Dr. Geron highlighted that the key to success is to manage your patients’ expectations and to think like an orthodontist not like the system!

Dr. Didier Fillion was next to take the centre stage and he took the time to show how new advances were being incorporated into the Orapix system with the use of CT scans and intra-oral scanning. He discussed openly his way of ‘less is more’ and doing it ‘my way’. His passion for a straightwire system came across strongly and this is what he is working towards in his practice.

Advances
Last but not least was Dr. Giuseppe Scuzzo, whose passion and expertise in the lingual technique thrilled the audience. Dr. Scuzzo, in his talk, set out to debate why more orthodontists are not using lingual appliances in their everyday practice. He discussed the advances of appliances, where we now have aesthetics, comfort and biomechanical efficiency and demonstrated this with the amazing clinical results he achieves with lingual appliances. Along the way he dropped in clinical tips such as distilisation of upper first molars using the modified Pendulum appliance and concluded that lingual appliances should be the appliance of choice in every orthodontic practice!

The BLOS Spring meeting was a success. We were in awe of the new technology being incorporated into lingual appliance systems and left feeling motivated and enthused to try it out!

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