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 2.7mm 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 13, 21 and finally 12. After six weeks and a new Spacewize™ calculation, the amount of expansion needed had been reduced to 1.8mm.

After that, the patient was shown how to use and remove the IAS Inman Aligner appliance and was instructed to wear this for 20 hours a day. During this treatment process, predictive proximal reduction (PPR) was carried out on the distal palatal aspect of 12 and 21, mesially distally and labially on 22. Interproximal reduction (IPR) was also performed progressively every three weeks throughout the course of the IAS Inman Aligner treatment. Once the desired outcome was achieved on the upper anterior, a fixed retainer was bonded from 13 to 23.

Post straightening occlusal view

Digital Smile Design and Bleaching

To further improve the aesthetics of the patient’s smile, an Invisalign® – a gizmo-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 five) and performed home bleaching with OPA-nex® PF 20%, which was followed by the use of Relief 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 to 14, 15, 22, 24 and 25, which took place at the same time as the expansion. 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 Vi-

Dr Alina Lazar  has been practising dentistry since 1994 and founded Prazis Dental Practice 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.

References


Discussion

The next step was to complete a mock-up using a self-curing composite material – CS C&B shade B6 from Ivoclar Vivadent. It was at this point that photographs were taken to help guide tooth preparation. Essentially, the digital smile design allowed me to create a virtual mock-up, which was applied to a plaster model, and ultimately improved the effectiveness of treatment planning.

Veneers, Non-Prep Veneers and Crown Lengthening

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Outcome

After the expansion, anterior alignment, bleaching, digital smile design and finishing treatments, the process was complete and both the patient and I were very happy with the final results.

Ultimately, incorporating smile design is important to the ethos of my practice. Although finishing with composite contouring or veneers depends on the case that is presented, the most important element is to work as minimally invasively as the case allows. Indeed, I have found that when the above mentioned steps are carried out in the same way as this particular case study, a very satisfying result can be achieved.
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 available 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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