

Adult orthodontics with clear aligners

Richard Brown presents three cases whereby the Nuvola clear aligner system was successfully used to treat overcrowding

The growing popularity of adult orthodontics has been boosted by the ability to offer patients near invisible options, such as clear aligners and lingual orthodontics. For many patients today, the ability to gradually and subtly improve their smile, most likely without friends or colleagues knowing about it, helps with the uptake of treatment.

Most adult patients now attend with some prior knowledge of clear aligners and often it is the preferred patient choice for treatment. Whilst aligners have some limitations, more and more orthodontic corrections are being realised with this treatment modality.

Suitable cases

Particularly suitable cases include those with mild to moderate crowding and where a small amount of expansion is possible. Occasionally aligners may be one of the most suitable methods for correcting malocclusion.

In the first case study, the young female patient had quite severe wear lesions in her enamel and bonding fixed appliances

along with their removal at the end of treatment could perhaps have proven detrimental to the enamel's integrity.

Providing clear aligners has drawn new patients to the practice and encouraged existing patients to take up treatment previously deemed unacceptable, due to the fixed appliance appearance. We have also found that a significant number of patients also consider cosmetic reshaping of teeth through composite bonding, or whitening treatments once the teeth are perfectly aligned.

Simple and predictable

Pre-treatment with aligners can simplify veneer cases and avoid the need to electively devitalise teeth, as was once one of the methods used. In my experience, the Nuvola clear aligner system can meet the patient's requirements for simple, quick and invisible treatment to realign anterior segments.

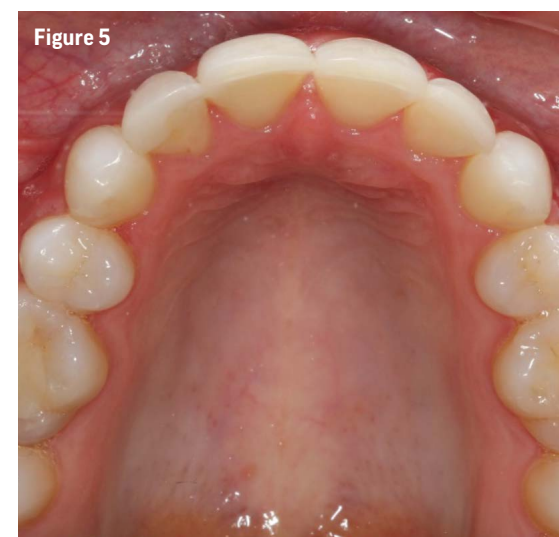
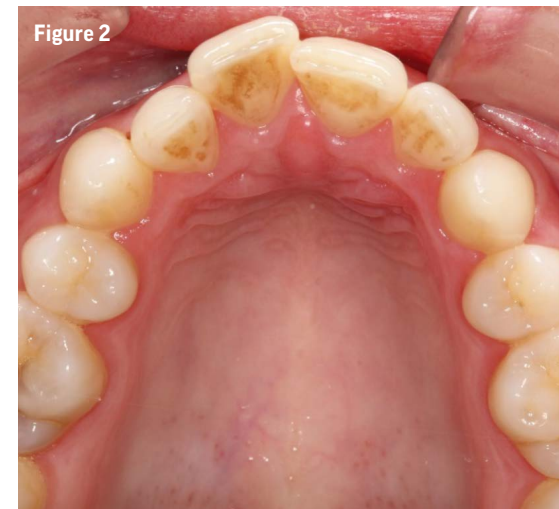
With practice and growing experience, the practitioner can move to full arch treatment and increase the severity of malocclusions that are treatable.

The computer-aided planning, design and manufacture can serve to take some of the headache out of treatment planning. The Nuvola system provides a video, from which the patient can see a pre-treatment predicted outcome thanks to the computer software, Nuvolaview, enabling them to take up treatment with enthusiasm and confidence. **D**

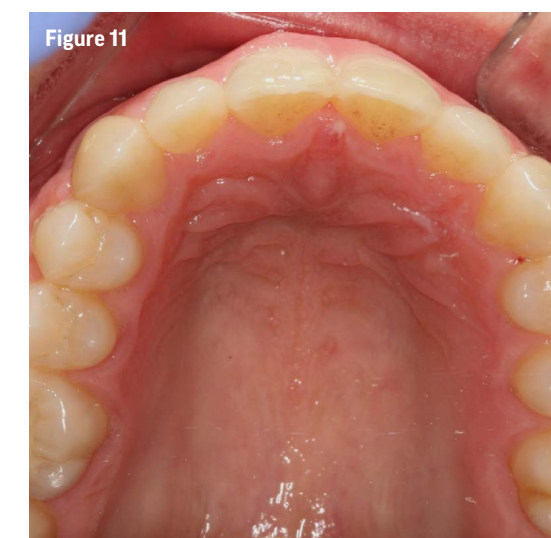
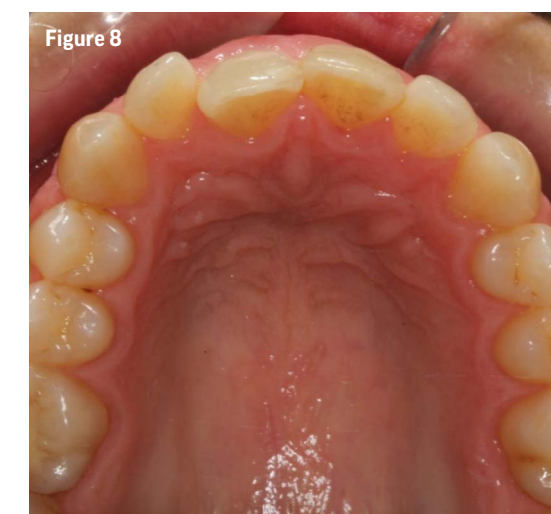


Dr Richard Brown studied dentistry at Bristol University. After completing a year of vocational training he continued to work in general practice and has done so, in two practices in the Bristol area, since August 2006. In 2010, Dr Brown decided to take his interest in orthodontics further starting with aligner therapies in simple cases. Following a further two years postgraduate study he now carries out a full range of orthodontic treatments for selected cases, dealing with most malocclusions that present in general practice.

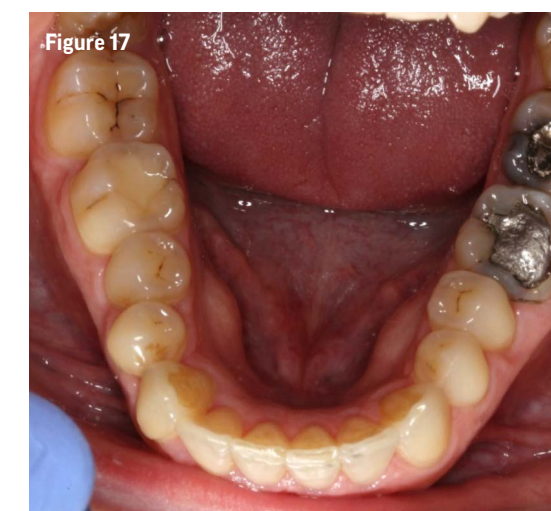
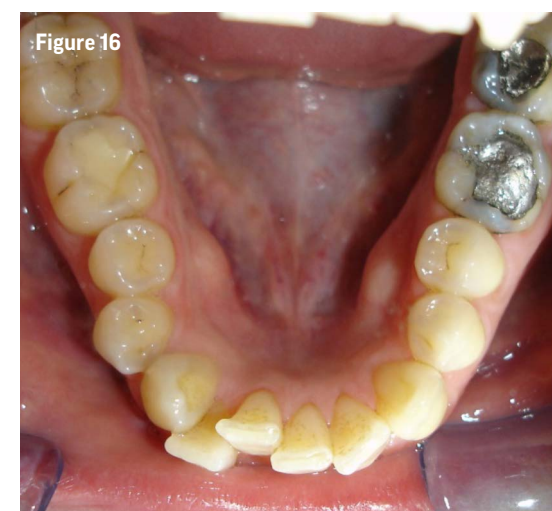
TO FIND OUT more about the Nuvola aligner, call 01825 714601, email info@geoorthodontic.com or visit www.geoorthodontic.com.



Figures 1-6: Young female patient with reasonably worn enamel and a narrow upper arch. Class III tendency. Fourteen upper aligners. No interproximal reduction. Arch expansion with aligners alone



Figures 7-12: Male patient with mild crowding in upper arch. Twelve aligners. 0.4mm interproximal reduction total across upper 4-4



Figures 13-18: Male patient with moderate lower arch crowding. Fourteen aligners. Due to presence of pretreatment overjet, interproximal reduction and proclination allowed correction without extraction of crowded lower central