By Dr. Tif Qureshi, United Kingdom

Traditionally, cosmetic dentistry has always been faced with the challenge of treating poorly aligned teeth. Treatment options available for mildly and moderately crowded teeth include orthodontics and restorative dentistry. Many patients have chosen the restorative approach, for example porcelain veneers, over orthodontic techniques because longer treatment times combined with either unsightly labial wires and brackets or the expense of “invisible” braces.

In cases in which patients choose to have crowded upper and lower anterior teeth treated with veneers, it is extremely challenging to prepare teeth conservatively, owing to their anatomy and the minimum thickness of porcelain required. A difficult balance has to be found between over-preparing the teeth and placing over-contoured restorations. However, owing to the excitement and emotion created by the effect of popular large smile makeovers, aggressive tooth preparations, in which teeth are prepared to stumps, seem to have been accepted as normal practice, simply because there has been no alternative that could achieve the patient’s objectives in a sufficiently short period.

Inman Aligners are now offering a minimally invasive alternative to patients in the U.K. With only one appliance, most InAligner cases can be completed in six to 16 weeks. In anterior crowding cases, Inman Aligners have proven to be much more time and cost effective than invisible braces or conventional fixed and short-term orthodontics.

To date, I have treated about 1,000 cases and have found that case acceptance has been close to 100 percent, simply because many patients much prefer a removable solution that fits their lifestyle more easily. Treatment can also easily be combined with simultaneous bleaching and final edge-bonding for quick and non-invasive, dramatic results. From this, a new procedure has arisen in cosmetic dentistry — alignment, bleaching, bonding — which will be covered in the second part of this series. The cases presented in this article will outline some case types that can be treated.

The Inman Aligner

For over 30 years, spring aligners were used to correct minor tooth movements. Early designs were developed for minor tooth movements and to treat slight rotations. Previous spring aligners were useful, but several problems always limited the amount of tooth movement achievable. Their active components were made from stainless-steel wire, which is relatively inflexible and lacks any innate springiness.

As a result, traditional removable appliances required periodic activation, leading to short-lived force application that limited the speed of tooth movement, owing to the need to allow the bone around the roots of the teeth being moved to ‘rest’ between successive activations. In addition, the direction of force application with traditional springs was less easy to control, leading to a mouse trap-like force that tended to unseat the appliance.

These factors limited the degree of correction that could be accomplished. For larger movements, single appliances were insufficient to complete the movement.

In developing the Inman Aligner, Donal Inman CDT created a patented design that takes advantage of the gentle, steady and consistent forces generated by NiTi. The design relies
Aacd credentialing program opens to all
dentists, dental laboratory technicians

The American Academy of Cosmet Dentistry (Aacd) offers cosmet dentistry’s most recognized advanced credentialing program for dentists and dental laboratory technicians. In August, the American Board of Cosmetic Dentistry, the credentialing authority of the Aacd, announced that all dentists and dental laboratory technicians are now eligible to pursue Aacd Accreditation regardless of their membership status within the Aacd.

This visionary and historic change underscores Aacd’s dedication to inclusiveness and standards of excellence, thus providing patients greater access to Accredited dental professionals who have demonstrat-ed a very high level of clinical skill and ability in cosmetic dentistry.

The Aacd is the world’s largest non-profit membership organization focused on providing cosmetic dental information, knowledge, and credentialing for the dental profession and the public.

“Everyone wins when standards are held high and support and training is made available to many,” said Aacd Accredited Fellow Member and ABCD Board Member Bradley J. Olson, DDS. “The Accreditation process is an opportunity for dentists and dental laboratory technicians to truly gauge their skill set and expand their skills to a higher level.”

Accreditation in the Aacd serves to set standards for excellence in cosmetic dentistry. Accreditation is a three-part process, consisting of a written examination, submission of clinical case examinations for evaluation, and an oral examination. Requirements for accreditation candidates will be identical for members and non-members. Non-members will be required to follow the Aacd advertising guidelines, and will be subject to a different fee structure than Aacd members.

The Aacd is the world’s largest non-profit membership organization dedicated to advancing excellence in comprehensive care that combines art and science to optimally improve dental health, esthetics, and function. Composed of more than 6,000 cosmetic dental professionals in 70 countries around the globe, the Aacd fulfills its mission by offering superior educational opportunities, promoting and supporting a respected accreditation credential, serving as a user-friendly and inviting forum for the creative exchange of knowledge and ideas, and providing accurate and useful information to the public and the profession.

For more information regarding the Aacd and the Accreditation process, visit www.aacd.com, or call (800) 545-9220.

Fig. 5: Occlusal view before treatment.

Fig. 6: Occlusal view after 13 weeks with an Inman Aligner.

Fig. 7: Smile view before treatment.

creation techniques, as pioneered in the U.K., which should only be attempted with training. It is quite possible to treat cases with 5.5 mm crowding easily and predictably in less than 16 weeks.

4. Cases should have fully erupted posterior teeth to facilitate retene-
tive clasps, with a reasonably well-aligned arch form to facilitate the path of insertion of the appliance.

5. Cases should be stable and prefer-
ably free from periodontal disease.

6. Patients must agree to wear the Aligner for about 20 hours a day and be responsible for good appli-
cance and oral hygiene. Should the patient wear the Aligner for 14 hours a day only, treatment will still be successful.

Model evaluation/arch analysis with Spacewize

Arch analysis should be performed before any Aligner case is attempted to ensure that the case is suit-
able and, if not, what additional space creation techniques will be needed to allow the Inman Aligner to work. The extent of crowding present is calculated by measuring the sum of the mesial-distal widths of the teeth to be moved. This distance is called the required space or the teeth. If canines and incisors are to be moved, this dis-
tance will be measured from the distal surface of one canine to the distal sur-
face of the other canine.

Using an orthodontic retaining or jeweller’s chain or a polishing strip, the ideal arch form is then measured from the distal of each canine in align-
ment with the ideal arch form fol-
lowing orthodontic correction. Criti-
cally, the arch needs to pass through the suggested position of the contact points and not the incisel edges. This is described as the available space or the curve.

It is possible to perform this task more quickly and just as accurately with software such as Spacewize. Just one simple occlusal photograph is required, which can be taken chair-
side. One tooth needs to be measured for calibration. A curve can be digitally established and this is normally easier when observing the patient’s aesthetic requirements and occlusion directly. The extent of crowding is immediately calculated using such software.

Laboratory requirements

Accurate upper and lower impres-
sions are taken, preferably two of the arch being treated. Simple alginate can be used if cast quickly. A bite registration and prescription should be completed and sent to a certi-

fi ed Inman Aligner Laboratory. The technician should be informed of the amount of crowding calculated. The teeth to be repositioned should be noted clearly. The prescription should provide full details to the technician regarding the teeth to be moved, the area they are to be moved to and the distance they are to be moved. A Spacewize trace of the ideal curve can also be submitted.

Interproximal reduction

Interproximal reduction (ipr) is begun at the fitting appointment using abrasive strips or discs. The model analysis will have already calculated the extent of ipr required.

Many authors acknowledge that the reduction of half of the inter-
proximal enamel on the mesial and distal of each incisor tooth is a safe technique. This equals to 0.5 mm per contact point, creating 2.5 mm of space between the canines. In some cases, the distal of the canine and mesial of the premolar can be reproxi-
mal allowing for a total of 5.5 to 4.5 mm. These cases will require more experience in using the system but offer a number of possibilities for cli-
icians once trained to use the system correctly.

Metrical records of the amount of stripping performed should be

\[ \text{extent of crowding} = \sum (\text{mesial-distal width of teeth}) \]

\[ \text{amount of crowding calculated} = \text{horizontal distance from distal of each canine} \]

\[ \text{interproximal reduction} = 0.5 \times \text{contact points} \]

\[ \text{total space} = 2.5 \text{ mm per contact point} \]

\[ \text{total amount of stripping} = \text{extent of crowding} - \text{interproximal reduction} \]

\[ \text{total amount of stripping} = \text{total space} \]

Does this make sense?
What You Don’t Know
May Hurt Your Patients
THE OSA-TMD CONNECTION

Hundreds of millions of people of all ages around the world suffer from deadly obstructive sleep apnea; from infants to elderly. Obstructive Sleep Apnea (OSA) has been linked to Cardiovascular Disease, Cerebrovascular Insult, Endocrine Disorders and Obesity and our medical colleagues are asking for our help, NOW! OSA is considered a disease of craniofacial anatomy so the ONUS is on dentists to identify and help manage OSA sufferers.

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kept. An in-surgery fluoride rinse or application of topical fluoride is recommended after any enamel reduction procedure. El-Mangoury et al. and Radlanski have demonstrated that there is no increased risk of caries if preferred surfaces are smoothed correctly. Heins et al. and Tal have demonstrated that there is no increased risk of periodontal disease with the decreased interproximal space.

Critically, Inman Aligner treatment uses progressive, anatomically respectful IPR. While the extent of IPR required is already known, it is never carried out in one treatment. In order to ensure minimal risk, IPR (0.15 mm per tooth point) is carried out only in small increments. The patient is sent away with the Aligner.

Owing to the Aligner forces, the generated gap is very small. Interproximal reduction is performed at each appointment only as needed, using strips or discs, which ensures the stripping is far more anatomically conservative than would be the case using burs. This significantly reduces the risk of excess space formation, gouging or poor contact anatomy.

**Lingual/labial anchors**

Composite resin just incisal placed either incisal or gingival to where the bows contact will help them to function more efficiently. This can also be used for the labial surface, especially in cases in which teeth are being retracted. Strategic placement is vital for success and can be very helpful in the treatment of rotated teeth and the extrusion of teeth.

**Appliance adjustment**

The forces can be varied by adjusting the spring components or replacing the springs for larger, longer springs. Generally, adjustments are not necessary, except in more complex cases, for which training is required to understand the correct spring types and compression rates to use.

**Case No. 1**

The 25-year-old female patient complained about the appearance of her lower anterior teeth. She gave a history of orthodontic treatment in her teenage years, having a fixed appliance fitted for a period of two years.

She had been given a retainer at the time but was told to wear it at night for three months only. She had noticed her lower four incisors starting to become crowded again. Treatment options discussed were invisible braces, conventional fixed brackets or an Inman Aligner.

The amount of space required for reduction was calculated as 3.5 mm. Interproximal reduction was performed using diamond strips (Bras-seler). A reduction of 0.15 mm at each contact point was achieved at the fitting appointment. This was verified with a little more space. (Incorporated was seen three weeks later and a further 0.15 mm reduced at each contact point.

The teeth were aligned in just over nine weeks. The Aligner was left in for one month to stabilise the tooth positions. Tooth whitening was undertaken for two weeks during the last two weeks of treatment. Simultaneous bleaching is a significant advantage in removable systems and helps patient motivation.

Finally, an orthodontic retention wire was bonded in place on the lingual surfaces, ensuring the patient could still use super floss for hygiene.

**Case No. 2**

A female patient presented complaining mainly about her rotated upper right central tooth. She was considering veneers to redistribute the space over the four front teeth. This would have meant that she would undergo three aggressive preparations and one invasive preparation with endodontic treatment of the upper right central tooth.

Space calculation with model analysis indicated that treatment would be possible with an Inman Aligner. Because of the relatively low cost, the patient selected this option, understanding that we would not be able to achieve Golden Proportion, owing to the width and length of her lateral teeth.

A midline screw was incorporated to allow for a small amount of operator-controlled expansion to provide space. The expander can be used to release extra space in cases with very constrained space. Up to 2 mm of space can be created by expansion, which has the effect of pushing the cuspid away from the lateral.

After alignment, this expansion will just relapse. It is a temporary technique to create sufficient space to align the anterior teeth. After alignment, the expander can even be unwound if required.

Treatment took 15 weeks with three sessions of IPR. A total of 5 mm was stripped and 1 mm was gained with the expander. The teeth were retained using orthodontic gold chain bonded from canine to canine. An upper Essix Retainer was also worn nightly as back-up for retention.

**Essix Retainer**

This retainer is a thermo-formed, clear, thin appliance that is easily made and very comfortable for patients. The recommended post-operative regimen for Inman Aligner treatment is to wear the retainer at night for 18 months and after that for two nights a week indefinitely.

**Conclusion**

With the Inman Aligner, patients previously not otherwise have had their time and fixed brackets of traditional orthodontic techniques or the expense of more recent invisible braces, could, if their case suitable, achieve anterior tooth alignment far more quickly with a simpler, single appliance.

Inman Aligners are suitable for alignment of incisors and canines with up to 5 mm of crowding — 5.5 mm once the treating clinician is trained in using the system — and represent a very cost-effective and potentially revolutional alternative to radical tooth preparation for achieving tooth alignment using porcelain restorations.

The Inman Aligner allows for a rapid and aesthetic alignment at low risk and cost to our patients. The patient is able to preview the staged changes of alignment, perhaps followed by bleaching and bonding.

As a result, the Inman Aligner is a profoundly changing the approach to cosmetic dentistry by those using it with the advanced techniques of domino effect, combined expansion and strategic anchor placement in the UK and Europe.

This new approach to cosmetic dentistry in the U.K. has been confirmed by figures from the British Academy of Cosmetic Dentistry (BACD). The 2008 study of data from 200 BACD members demonstrated a massive 545 percent increase in orthodontics used in cosmetic cases but no increase in the use of veneers.

Of this increase, 250 percent was solely due to the use of the Inman Aligner in cases in which patients would not otherwise have had their teeth treated, owing to the time cost of fixed braces and no desire to have appliances adhered to their teeth. Many of these patients were those who would have opted for aggressive preparation of their teeth for veneers, before the Inman Aligner.

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About the author

Dr. Tif Qureshi is vice president of the British Academy of Cosmetic Dentistry. He presents hands-on courses and lectures on the Inman Aligner worldwide.

For information on U.S. course dates and training, please go to www.straight-talks.com or www.inmanaligner.com. Alternatively, contact Caroline Cross on +44 207 255 2559 or at info@straight-talks.com.

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1. Inactivated periods of constant orthodontic movement forces related to desirable tooth movement in rats. T. Kameyama et al. Tokyo Medical and dental university, Japan. Kame.orts@tmd.ac.jp.

Fig. 12: Occlusal view after nine weeks with an Inman Aligner.
Fig. 13: Side smile view before treatment.
Fig. 14: Side smile view after treatment.
Fig. 15: Spacewize calculation.