

Implementing Invisalign

Many practitioners are not aware of the wide range of cases the Invisalign system can treat, insists Dr Benjamin Schwartz, who offers some examples of its flexibility

The objective of this article is to show how Invisalign treatment can easily be implemented into any existing dental office. Being able to recognise which patients are potential candidates will be the first step in achieving a successful outcome. After reading this article, you should be familiar with the Invisalign criteria and be ready to implement this versatile treatment adjunctive into your practice.

Do you have any patients whose teeth look similar to those?

These cases are typical of patients that frequently come into a dental office. Many patients do have some sort of misalignment, overlapping, or spacing present in their teeth. The objective of this article is to demonstrate how these types of cases (and many others), can be readily treated using the Invisalign system.

Align Technology manufactures Invisalign; a custom-made series of clear aligners used to orthodontically rotate, move, and align teeth. The Invisalign process is straightforward, and allows the practitioner to have full control over the course of treatment.

Invisalign is indicated for patients with up to five millimeters of crowding and/or spacing per dental arch. Rotations can be corrected within a range from five to forty degrees. Approximately between two to four millimeters of overjet or overbite can be remedied using Invisalign.

Once a suitable candidate has been selected, and no caries or periodontal issues are noted, detailed polyvinylsiloxane (PVS) impressions are to be taken for both arches. In addition, a bite registration is taken along with a series of extra-oral and intra-oral photographs. The photographic requirements are a full face photo, smile shot, profile, anterior teeth, right lateral, left lateral, maxillary and mandibular arches. These are then sent to Invisalign for the patient's customized ClinCheck to be created.

ClinCheck (Fig. 2) is a 3D virtual movie of the teeth based upon the impressions sent to Invisalign. Treatment progression can be played out to mimic the natural movements of the teeth. This allows the practitioner to visualise the final phase of treatment, and make any adjustments as needed. Once the layout has

been designed and approved, aligners are made in sequence based upon the projected ClinCheck models.

In certain cases, interproximal reduction (IPR) may be necessary. IPR allows the practitioner to create room in an otherwise

constricted area, so that there is adequate space for the necessary tooth rotations or repositioning. IPR is achieved with the use of

diamond strips and/or rotary disks, and is prepared before the actual tooth movements occur.

The patient wears each set of aligners for a two-week period. Aligners are worn full time, except when eating, drinking, and performing oral hygiene. During this phase, the patient is typically seen every month to monitor treatment progression and

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