

Contents

Foreword	x
Preface	xii
Contributors	xiii
Section I Introduction: Types and Material Properties	
1 Aligner Treatment: An Overview	2
<i>Lauren Teske†, T. Gerard Bradley, and Sarandeep S. Huja</i>	
1.1 Introduction	2
1.2 Esthetic Treatment Demands ...	3
1.3 Clear Aligner Therapy	3
1.4 Orthodontic Tooth Movement with Clear Aligners	5
1.5 Material Properties of Clear Aligners	5
1.6 Conclusion	7
References	7
2 Material Properties of Aligners	9
<i>Iosif Sifakakis, Spiros Zinelis, and Theodore Eliades</i>	
2.1 Introduction	9
2.2 Chemical Composition	9
2.3 Material Properties	10
2.3.1 Mechanical Properties	10
2.3.2 Water Absorption	13
2.3.3 Transparency	13
References	14
Section II Clinical Management	
3 Early Treatment in Preteens and Teenagers Using Aligners	18
<i>Eugene K. Chan and M. Ali Darendelile</i>	
3.1 Introduction	18
3.2 Fixed Expansion	18
3.3 Removable Anterior Bite Plate Appliance	20
3.4 Removable Posterior Bite Plate Appliance	20
3.5 Functional Appliance	20
3.6 Invisalign First	20
3.7 Invisalign Treatment with Mandibular Advancement	30
3.7.1 Mandibular Advancement with Precision Wings and Aligners	30
3.7.2 Mandibular Advancement with Magnet-Activated Aligners	40
3.8 Treatment in Early Mixed Dentition	41
3.9 Treatment in Late Mixed Dentition	45
3.10 Treatment in Permanent Dentition in Young Adolescents	50
3.11 Conclusion	55
References	57

4	Teen Treatments with Aligners	58
	<i>Phil Scheurer</i>	
4.1	System Check	58
4.2	Treatment Strategies	59
4.2.1	Class II Malocclusion Treatment ...	59
4.2.2	Class III Malocclusion Treatment ..	60
4.3	Space Management	61
4.3.1	Spacing (Excess of Space)	62
4.3.2	Lack of Space	62
4.4	Vertical Problems	63
4.4.1	Open Bite	63
4.4.2	Deep Bite	64
4.5	Dislocated Impacted Canines	65
4.6	Interdisciplinary Treatments	65
4.6.1	Auxiliaries	66
4.6.2	Elastics	66
4.6.3	TADs	66
4.6.4	Power Arms/Lever Arms	67
4.6.5	Braces, Sectionals	68
4.7	Retention	68
5	Routine Mechanics and Aligners (Extraction/Nonextraction)	69
	<i>Eugene K. Chan and M. Ali Darendeliler</i>	
5.1	Introduction	69
5.2	Initial Appointments and Informed Consent	69
5.3	Nonextraction Plans (Class I, II, and III Malocclusions)	69
5.3.1	Class I Malocclusion Considerations	69
5.3.2	Class II Malocclusion Considerations	71
5.3.3	Class III Malocclusion Considerations	77
5.4	Extraction Plans (Extraction Plans, Anchorage Control, Compensatory Movements)	81
5.4.1	Considerations in Extraction Plans .	81
5.4.2	ClinCheck and Treatment Planning	81
5.4.3	Planning and Execution	81
5.4.4	Shape-Driven Orthodontics	82
5.4.5	Compensatory Movements	83
5.4.6	Attachment Designs	84
5.4.7	Class I Malocclusion Considerations	85
5.4.8	Class II Malocclusion Considerations	86
5.4.9	Class III Malocclusion Considerations	88
5.5	Conclusion	89
	References	94
6	Precautions with Aligner Treatment	95
	<i>Tony Weir, Haylea Louise Blundell, Raj Gaddam, and Armesha Maree</i>	
6.1	Special Care with Aligner Therapy	95
6.2	Conclusion	99
	References	100
	Appendices (Aligner Efficiency in Individual Tooth Movements) ...	102
	Appendix A: Alignment	102
	Appendix B: Labiolingual Inclination: Tipping	102
	Appendix C: Labiolingual Inclination: Torque	102
	Appendix D: Transverse Plane ...	104
	Appendix E: Vertical Plane: Intrusion	105

Appendix F: Vertical Plane: Extrusion	105	Appendix G: Rotations	106
7 Clear Plastic Appliances as Retainers	107		
<i>Simon J. Littlewood</i>			
7.1 Introduction	107	7.13 Clear Plastic Retainers: An Evidence-Based Approach	112
7.2 Historical Background to Clear Plastic Retainers	107	7.14 Clear Plastic Retainers versus Hawley Retainers	112
7.3 Worldwide Use of Clear Plastic Retainers	107	7.15 Clear Plastic Retainers versus Begg Retainers	112
7.4 Types of Materials and Methods of Production	108	7.16 Clear Plastic Retainers versus Bonded (Fixed) Retainers	113
7.5 Polyethylene and Polypropylene Retainers	108	7.17 Clear Plastic Retainers: Full Coverage versus Modified Clear Plastic Retainers	113
7.6 Polyurethane Retainers	108	7.18 Safety and Clear Plastic Retainers	113
7.7 Multilayer Clear Plastic Retainers	108	7.19 Longevity of Clear Plastic Retainers	114
7.8 Thickness of Retainers	109	7.20 Compliance with Clear Plastic Retainers	114
7.9 Production of Retainers	109	7.21 The Future	115
7.10 Design of Clear Plastic Retainers	110	References	115
7.11 How Often to Wear Clear Plastic Retainers?	110		
7.12 Indications for Use	111		
8 Digital Workflow in Aligner Therapy	117		
<i>Marc Schätzle and Raphael Patcas</i>			
8.1 Introduction	117	8.6 Outcome Simulation	121
8.2 Dental Records	117	8.7 Designing Aligners and Management Portals	121
8.3 Data Acquisition	117	8.8 Manufacturing Aligners	122
8.4 Diagnostics	120	References	122
8.5 Planning	120		

Section III Evidence

9 Outcome Assessment and Evidence on the Clinical Performance of Orthodontic Aligners	124
<i>Spyridon N. Papageorgiou and Theodore Eliades</i>	
9.1 Background	124
9.2 Appraisal of Evidence from Existing Clinical Studies	125

9.3	Characteristics of Existing Clinical Studies Comparing Aligners to Fixed Appliances	126	9.6	Strength of Current Recommendations and Threats to Their Validity	136
9.4	Treatment Efficacy in Terms of Occlusal Outcome	128	9.7	Conclusion	138
9.5	Treatment Efficiency in Terms of Duration and Adverse Effects	135		References.	138
10	Forces and Moments Generated by Aligner-Type Appliances for Orthodontic Tooth Movement	141			
	<i>Anna Iliadi, Despina Koletsi, and Theodore Eliades</i>				
10.1	Introduction	141	10.2.3	Aligner Material	147
10.2	Existing Evidence	142	10.2.4	Internal Validity of the Existing Evidence	147
10.2.1	Aligner Thickness.	142	10.3	Conclusion	147
10.2.2	Type of Tooth Movement	142		References.	148
11	Aligners and the Oral Microbiome.	149			
	<i>William Papaioannou, Iosif Sifakakis, Dimitrios Kloukos, and Theodore Eliades</i>				
11.1	Introduction	149	11.4	Cariogenic Bacteria	153
11.2	Oral Hygiene during Orthodontic Treatment	150	11.5	Periodontopathic Bacteria	154
11.3	Effect of Orthodontic Treatment on the Oral Microbiome	152	11.6	Conclusion	154
				References.	155
12	Intraoral Aging and Changes on Aligner Mechanical Properties	157			
	<i>Spiros Zinelis, T. Gerard Bradley, and Theodore Eliades</i>				
12.1	Introduction	157	12.5	Tensile Strength	159
12.2	Mechanical Properties after In Vivo Aging	158	12.6	Creep–Relaxation	160
12.3	Hardness	159	12.7	Mechanisms of Degradations of Mechanical Properties	160
12.4	Elastic Modulus	159		References.	161
13	Color Changes of Aligners and Thermoplastic Retainers during Intraoral Service	162			
	<i>Anastasios A. Zafeiriadis, Athanasios E. Athanasiou, and Theodore Eliades</i>				
13.1	Introduction	162	13.3	Other Phenomena Influencing Color of Aligners and Thermoplastic Retainers.	163
13.2	Mechanisms of Discoloration of Aligners and Thermoplastic Retainers	162			

13.4 Research on Discoloration of Aligners and Thermoplastic Retainers	164	13.5 Conclusion	167
13.4.1 In Vitro Studies	164	References	167
13.4.2 In Vivo Studies	166		
14 Biological Properties of Aligners	170		
<i>Shaima Rashid Al Naqbi, Harris Pratsinis, Dimitris Kletsas, Athanasios E. Athanasiou, and Theodore Eliades</i>			
14.1 Introduction	170	14.2.2 Dental Environment	171
14.2 Plastic Toxicity	170	14.2.3 Orthodontic Materials	171
14.2.1 General Aspects	170	14.2.4 Invisalign	172
		References	175
15 Aligner Treatment from the Patient Perspective	177		
<i>Eleftherios G. Kaklamanos, Theodore Eliades, and Athanasios E. Athanasiou</i>			
15.1 Introduction	177	15.5 Oral Health-Related Quality of Life and Clear Aligner Treatment	180
15.2 Oral Health-Related Quality of Life	177	15.6 Pain Experience	180
15.3 Assessment of Health and Oral Health-Related Quality of Life	178	15.7 Satisfaction with Treatment	181
15.4 Oral Health-Related Quality of Life and Malocclusion	179	15.8 Conclusion	181
		References	181
Index			185