

Space Closure and Relief of Mild Crowding using iSmile Clear Aligners
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Introduction

Spacing between teeth is a common dental problem among adults. Due to the unsightly appearance of metal braces, adults are not usually motivated to fix this problem. iSmile® Clear Aligners have made it possible to correct open spaces in an aesthetically agreeable manner that restores the function and appearance of the dentition.

Case Presentation and Administration:

A 26-year-old male presented with the chief concern of spacing between the teeth. Upon examination, the patient appeared to have multiple diastemas in the upper arch (Figure 1A, 1B) along with minor lower arch crowding (Figure 1C).

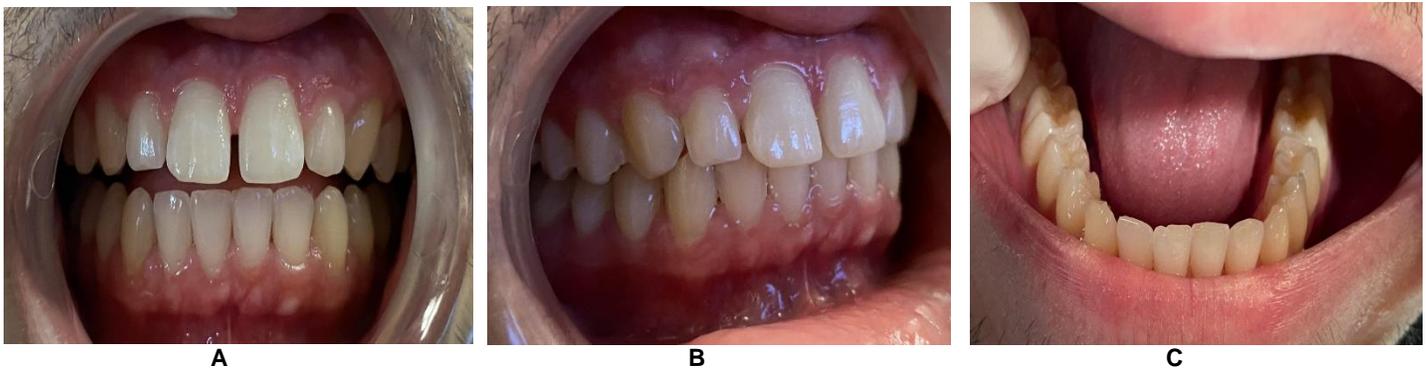


Figure 1: Clinical pictures showing multiple diastemas in the upper arch (1A,1B) and minor crowding in the lower arch (1C)

Case Planning

The treatment objectives using iSmile® clear aligners were to correct the alignment of the anterior teeth through closing the multiple diastemas present in the maxillary arch and relieving the crowding in the mandibular arch.

Mandibular arch crowding was corrected in the lower arch over 2 stages. The first stage was for expansion of the arch. Meanwhile, the second stage was for properly aligning the teeth.

The patient was instructed to wear the aligner full time for a treatment period of 16 weeks. Overall, iSmile® clear aligner treatment involved 8 upper aligners and 7 lower aligners.

Final Result:

The post treatment results showed excellent improvement in the patient's smile. The patient's dentition showed closure of all diastemas between the upper teeth (Figure 2A,2B). In the lower arch, lower canine rotations were improved, which relieved lower arch crowding (Figure 2C). Overall, he showed improved esthetic appearance and enhanced arch form.

After the treatment period was completed, the patient was placed on a retainer regimen to prevent relapse.



A

B

C

Figure 2: Clinical pictures showing closure of diastemas in the upper arch (2A,2B) and relief of lower arch crowding (2C).

Conclusion:

Given the patient is compliant, the use of iSmile® clear aligners is successful in closure of spacing in the upper arch. When worn for the correct number of hours, the aligners exert the amount of force necessary for space closure. Aligners have also proven to be successful in relieving minor crowding. This not only improved the esthetic appearance of the patient, but also restored upper and lower arch relation for proper function. Overall, treatment of multiple diastemas using iSmile® clear aligners produced a satisfactory result in young adults.