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## AESTHETIC ALIGNERS A REALITY IN ORTHODONTICS

With the advancements and technological developments in the field of orthodontics, the modern practice of this specialty can now count with another technique/tool for dental correction. The aesthetic aligners allow the orthodontist to suggest to the patient a more aesthetic and comfortable treatment, without the traditional drawbacks of the traditional dental appliances.

Aesthetic aligners are increasingly sought after by patients who request a perfect smile without sacrificing their look during the correction process.

### What are aesthetic aligners?

Aesthetic aligners are thermoplastic plates developed from a perfect mold of the patient's dental arch which, once fitted to the teeth, promote the movement of the teeth leading to a good occlusion and a perfect smile. They represent a new technology, requiring no brackets or metal wires. In addition, they are removable, which means the patient can put them on and take them out during his routine, an important detail compared to other solutions to correct the teeth.

Combining intact appearance and freedom, aesthetic aligners are a modern and effective option.

### How do they work before, during and after the treatment?

Treatment with aesthetic aligners follows a set of steps.

Firstly, an assessment is made of the patient and the type of problem he has, followed by a simulation done in 3D by a software that uses as reference digital models of the patient's arcade.

After these stages, the orthodontist sends the data to the manufacturer, receives the customized aligners, and places the aligners on the patient to begin treatment. The patient then changes the aligner every 2 or 3 weeks and visits the orthodontist for control and maintenance every 8 weeks.

Once the desired outcome is achieved, the professional will evaluate the result and determine the need for restraint in order to avoid a dental recurrence. The treatment time will vary according to the complexity of the case.

### What are the advantages of aesthetic aligners?

This technology provides several benefits both to the patient and to the orthodontist, such as:

- effect on the appearance of the patient practically non-existent during treatment
- greater accuracy for the dentist thanks to the use of digital resources
- decreased frequency of visits to the dentist
- easier hygiene
- more comfort and freedom for the patient

Aesthetic aligners are, therefore, another effective method for orthodontic practice. However, like any other technique, they present some requirements. The patient needs to respect the minimum daily use time, which corresponds to 22 hours, for the treatment to take effect.