

Clear Aligner Treatment with ClearCorrect

by Derek Draft, DDS

Jason, a 37-year-old father of three, asked about straightening his teeth at his routine recare appointment several years ago. He had had no previous orthodontic treatment, so we discussed the options he had, and he decided to begin treatment with ClearCorrect through our office.

Before beginning treatment, we did discuss with Jason his posterior crossbite and the limitations of Clear Aligner Therapy. Jason was very motivated and assured us he would wear the aligners faithfully to maximize the results.



Dr. Derek Draft has been practicing general dentistry in Grandville, Michigan, for over 17 years, since obtaining his DDS at the University of Michigan. He became an Invisalign provider soon after Align started certifying general dentists, and now provides Clear Aligner Therapy with ClearCorrect.

Dr. Draft thoroughly enjoys offering the wide range of services a general dentist can provide, including conservative orthodontics with Clear Aligner Therapy. He also enjoys utilizing his dental knowledge in the area of forensic dentistry, and has just started the forensic odontology fellowship program at the University of Texas at San Antonio.

Dr. Draft's professional affiliations include the American Dental Association, Michigan Dental Association, American Society of Forensic Odontology, Michigan Mortuary Operational Response Team Go Team, and Partners in Compassionate Care, on whose board he now sits. He holds a patent for a dental impression device, and was named 2010 Small Business Person of the Year by the Grandville-Jenison Chamber of Commerce.

Dr. Draft lives in Zeeland, Michigan, with his wife Heidi and two children, Ashleigh and Hayden.

Treatment

Our office obtained the necessary treatment records, including EXAFAST VPS impressions, intraoral and extraoral pictures, and a panorex radiograph, and sent them to ClearCorrect (**Figures 1-8**). We also submitted a prescription for an Unlimited case to ClearCorrect, requesting improvement of overjet, overbite, arch form, and canine relationships. We requested expansion of the patient's arch and opted to utilize IPR and engagers only if needed.

ClearCorrect sent its proposed treatment plan (called a treatment setup) electronically, and mailed a set of starter

aligners for the patient at the same time. The starter aligners are designed to ease the patient into treatment, while treatment planning is being completed. The starter aligners fit, and both Jason and I were happy with the treatment setup. The treatment setup was accepted, and production of the aligners began.

ClearCorrect then sent the first aligners. The lab ships its aligners 4 sets at a time, in what is known as a "phase." This is beneficial should changes need to be made mid-treatment: because all of the aligners aren't produced up front, there's no fee to make a change to treatment mid-course. Jason came to our office for seating of the first set of aligners (step 1A), which fit perfectly. We sent him home with the second set (step 1B). We instructed him to wear the first set of aligners for 3 weeks, after which he would switch to the second set at home on his own, and to return to our office after 6 weeks so that we could check progress and administer the third and fourth sets of aligners.

When Jason came back to our office after 6 weeks, we placed composite resin "engagers" on teeth #5, 13, 20, 21, 22, 28, and 29, utilizing the template provided. These "engagers" allow the aligners to better grip the teeth. When placing engagers, I cut the engager template provided by ClearCorrect into pieces, leaving one tooth on either side of the needed engager. This makes for easier removal of the template (**Figure 9**).

Jason's compliance was excellent, and the teeth tracked very well during the active phases of therapy. Additional engagers were placed during treatment on teeth #6, 7, 8, 9, 23, 24, 25, and 26. The teeth continued to track well throughout the treatment, and there was no need for a revision to treatment at any point.

At completion of treatment (**Figures 10-15**), we had made a very nice improvement to Jason's posterior crossbite and been able to align the maxillary lateral teeth to a very pleasing position. Altogether, we utilized 7 phases of aligners, for a total of 28 sets of aligners.

Jason is still wearing the aligners throughout the day. When he is asked to bite down without the aligners in, we have noticed that he is occluding end to end on his canine teeth and that he is not achieving maximum intercuspation in the posterior teeth. We attribute this to his wearing the aligners for long periods of time during the day; because of this he has not yet settled into his new bite. We will continue to monitor the patient, and if needed we will do some occlusal equalization, or perhaps order a few more aligners from ClearCorrect for a refinement.

Overall, Jason is very happy with his new smile and reports that he can chew and function very well with the changes we were able to obtain using ClearCorrect! ■



Figure 1: before treatment.



Figure 5: pre-treatment upper arch.



Figure 2: full-mouth retracted view before treatment.



Figure 6: pre-treatment lower arch.



Figure 3: pre-treatment retracted view, right.



Figure 7: pre-treatment smile.



Figure 4: pre-treatment retracted view, left.



Figure 8: pre-treatment profile.



Figure 9: engagers allow the aligners to better grip the teeth.



Figure 13: post-treatment retracted view, right.



Figure 10: profile at conclusion of treatment.



Figure 14: post-treatment retracted view, left.



Figure 11: smile at conclusion of treatment.



Figure 15: post-treatment upper arch.



Figure 12: post-treatment retracted view.