Spring forward
BOS members Fiona Ryan and Zahra Sheriteh report on the recent British Orthodontic Society’s spring Meeting in Dublin

The British Orthodontic Society’s Spring Meeting was held in the heart of Dublin, following the excellent start to the Friday after-noon session, presenting ‘Lingual Orthodontics: the latest history’. The most recent advancement in laboratory manufacturing of Inognito, developed by the speaker, has resulted in a customised appliance which is not only more comfortable for the patient but also boasts accurate torque expansions. The results from individualised archwires as well as cast gold brackets with precise slot dimensions.

A reference was made to a recent yet unpublished multi-centre randomised controlled trial, which concluded that there was a reduced rate of decalcification in patients following treatment with Inognito compared to labial appliances.

Invisalign – a detailed overview
This was followed by a detailed overview of Invisalign by Peter Huntley, who also took the opportunity to note that this appliance, introduced in the United Kingdom in 2001, is predominantly used by General Dental Practitioners. With adult orthodontics on the increase, Invisalign is an extremely popular appliance, with approximately one million cases being treated worldwide. Peter Huntley, who is also an experienced orthodontist, including comfort, aesthetics and good anchorage control, as well as its weaknesses, with particular emphasis on the importance of case selection when using Invisalign, as well as cases where Invisalign should be avoided, such as deep bite cases.

Following tea and cookies, Dirk Wiechmann and Peter Huntley returned with a display of clinical cases treated with Inognito and Invisalign respectively. Dr Wiechmann commenced with an impressive presentation of 28 consecutively debonded cases from September to December, which were excellent in demonstrating the use of Inognito. This included non-extraction Herbst-fixed appliance cases as well as four premolar extraction cases in growing individuals.

Peter Huntley presented cases to highlight the indications for the use of Invisalign, including mild to moderate crowding with class I buccal segments, expansion and distal movement and post-treatment relapse. He outlined its benefits including aesthetics, gentle forces and facilitating oral hygiene. However, he advised that care must be taken to eliminate undercuts during manufacture as well as understanding its limitations in terms of the tooth movements that can be achieved. We were very lucky indeed to receive some useful clinical tips from a very experienced clinician.

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With no sign of any ill effects from the night before, the next day’s proceedings started promptly to a full house. The session was chaired by Cath Crocker, BOS Presi- dent, David Bowden, presenting the Geoffrey Fletcher Award to Lorna Dubbins from Dundee Den tal School. This award is presented annually to enable an orthodontic trainee to pursue an elective in orthodontics, to further their knowledge and experience.

The first session was then launched by BOS Chairman, Nigel Harradine. The guest speaker, Dr Sarver, needed little introduction as most of us will be familiar with his name as one of the co-authors of the most widely read orthodontic textbook in the world Contemporary Orthod ontics by Proffit, Fields and Sarver. Dr Sarver lectures widely on the ‘art and diagnosis of the smile’ and is well known for his dynamic multimedia presentations.

Part I – The aesthetic evaluation didn’t disappoint as Dr Sarver sought to expand the diagnostic regime of the audience and move beyond the soft tissue para-digm. The importance of appreciating the macro-, mini- and mi-cro-aesthetics of a smile was discussed in growing, non-growing, and ageing faces. Dr Sarver urged us all as orthodontists to look more at the cosmetics of a patient and less at the cephalo- metrics and to appreciate the ‘art in its entirety’. Dr Sarver presented a systematic method of assessing the face, smile, and den- tition in three dimensions. The emphasis was placed on proportions and not linear measures- ments and resisting the tempta- tion to apply a ‘procrustean’ ap- proach of ‘one size fits all’.

Following the break, the ses- sion was chaired by Cath Crocker of the OSI, who introduced the next speaker, selling coach, Ash- ley Lalley. Ashley was quick to dispel the negative stereotype of a ‘salesman’ with his engaging and interactive session on ‘Helping patients to say YES’. He started by reminding the audi- ence that an investment in knowledge always pays the best interest and continued over the next hour to promote positive selling. Ashley views selling in orthodontics as a combination of building relationships with the right types of patients, finding out their problems, and then solving them.

He reminded the listeners that the reasons patients say no to private treatment is usually nothing to do with technical ability, and that price may be an issue, but is rarely the issue. The ini- tially sceptical audience was won over by the participative Attitude Test, which required the audi- ence to remember 20 items in perfect order. A task the majority managed with success despite initial cynicism. Ashley finished his animated and entertaining presentation by reminding the audience that successful selling is about positive attitude and being pro-active.

Dr Sarver’s mini-aesthetic evaluation
The final presentation before lunch was again by David Sarver. This time the focus was on the mini-aesthetic evaluation. Dr Sarver exhibited great rapport with the audience as he intro- duced recent concepts in the quantification of the characteristics of smile aesthetics. As well as showing many examples of the comprehensive three-dimen- sional analysis that Dr Sarver teaches and practises, he re- minded us of the importance of considering the fourth dimen- sion – time – and discussed the in- fluence of aging on the smile. Again, the value of tailoring each treatment plan to the individual was stressed as ‘your smile is your signature’. Dr Sarver spoke about both the shape and propor- tions of the smile, the gingival characteristics, and urged the audience to consider these aspects when striving to deliver the optimal result for every patient.

Returning refreshed after lunch, delegates were welcomed back by session chair Peter Mc- Callum, BOS Chairman, who intro- duced David Sarver for a discussion of Orthognathic and adjunctive cosmetic surgery.

The excellent atmosphere in the auditorium continued and Dr Sarver showed no signs of tiring as he presented an impressive case selection of orthognathic patients before and after orthognathic and adjunctive surgery. These additional procedures in- cluded rhinoplasty, genioplasty, platysmal plication, liposuction, V3 closure, and other soft tissue procedures.

The presentation started with an honest account of ‘surgeons’ failures and early lessons learned, where Dr Sarver admit- ted that the occlusal goals had been met but the aesthetic goals had not. The importance of ad- junctive procedures to counter the sometimes unwanted side ef- fects of hard tissue orthognathic surgery and to enhance the out- come was emphasised. The audi- ence was captivated by the series of cases presented next where Dr Sarver used digital technology to present ‘morph movies’ of pa- tients with severe malocclusions throughout treatment. The re- sults were exceptional and Dr Sarver accentuated the impor- tance of a multi-specialty ap- proach in offering patients the best outcome.

Complex cases
Dirk Wiechmann returned to present a selection of complex cases treated with Inognito. This was truly impressive! Dr Wiechmann described the use of custom-made Extra Torque (ET) wires in complex Class II division two malocclusions as well as the use of ciboriumwise archwires to manage open and deep bite cases. The use of both lingual and buccal auxiliaries allowed excellent control of tooth movement during space closure.

After a warm welcome-tea-break, David Sarver once again took to the stage, introduced by David Bowden, BOS President. The fi- nal topic for discussion was new technologies – soft tissue lasers and CAD-CAM braces. Continue- ing on the mini-aesthetic theme, Dr Sarver introduced the con- cept of using soft tissue diode lasers as part of adjunctive or- thodontic treatment. Uses for this technique include aesthetic enhancement, such as improving gingival topography, idealising crown proportions, crown lengthening, and resolving crown height asymmetries, in addition to treatment manage- ment, for example, eliminating pseudopockets. The benefits of using diode laser to ablate soft tissue; including precision, haemostasis, and the need for topical anaesthetic only, were illus- trated.

Finally, Dr Sarver concluded his presentation with an intro- duction to custom-made Com- puter Aided Design/Computer Aided Manufacture (CAD/CAM) fixed appliances. The Insignia system uses 3D imaging and software which produces cus- tomised brackets and wires which theoretically yield opti- mal finishing. The possibility of using this software together with digital images of the pa- tient’s smile has been explored by Dr Sarver in his quest to pro- vide the perfect smile to suit every patient.

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