and/or mesial contact surfaces of 45, 44, 45, 55, 54. Once the stripping was complete the first aligner was fitted. The patient was told to wear each retainer for 10-14 days and only remove when eating and brushing. Full care instructions were provided and the patient was told to make her next appointment after the final (eighth) aligner had been worn for 10 days.

The patient returned to practice and new silicone impressions and bite registration were taken and sent to Clearstep. The patient continued to wear the last aligner until the new box arrived.

On completion of the second box of aligners, the predicted movement was complete. Clearstep provided several retainers as long-term, night-time retention was required to prevent relapse. The patient had no complaints about the system and found the whole experience easily tolerable.

A successful outcome

New impressions were taken and a diagnostic wax-up of 12, 11, 21, 22 was provided and shown to the patient. A silicone matrix was made from the wax-up and used to rebuild the incisors with Miris composite resin to demonstrate the possible final appearance after the provision of veneers.

The patient was delighted with the result achieved with the composites and postponed the veneers.

We had achieved full restoration of anatomical form of 12, 11, 21, 22 using restoration principles promoting an aesthetically pleasing smile line whilst also creating a 2mm overbite/overjet incisal relationship without removing anymore tooth tissue.

In conclusion, this case highlights how Clearstep can be incorporated into a smile-design treatment plan to promote more conservative, minimally invasive restorative procedures.

About the author

Dr Andrew Croston qualified from Leeds University Dental Hospital in 1990 and spent his first year working within the hospital service extending his knowledge in the fields of restorative and surgical dentistry before entering private dentistry. He has worked at Leeds City Dental Care for the last 16 years and has undertaken an extensive programme of post graduate training to ensure that he remains at the forefront of cosmetic smile design, dental implants and non-surgical facial procedures. He has a special interest in both dental and facial aesthetics and is a member of both the British Academy of Cosmetic Dentistry (BACD) and the International Association of Advanced Facial Aesthetics (IAAFA).

He has helped transform the smiles of thousands of patients and would urge anyone who doubts they would benefit from a great smile to think again or ask one of his satisfied patients how much their confidence has improved after treatment. To contact him, call 0113 270 5020.