

# **Just A (Clinical) Minute!**

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## **IT'S ALL IN THE DELIVERY!!**

You've selected the proper patient, you've analyzed the treatment plan, you've modified it for the best possible outcome, and you've planned a case of great beauty when all is said and done! If you aspire to greatness in your clear aligner journey, then prepare yourselves for the Delivery Appointment.

This appointment is where your hard work comes to fruition. It's where your thinking cap comes off and your PPE goes on. You do your doctor dance into the operatory, greet the patient and get ready to transform their smile and transform their life!

Follow these simple guidelines to ensure your success and your patients' success during clear aligner therapy.

### **ATTACHMENTS**

I am a firm believer that all the steps in clear aligner therapy are important to the success of the treatment, but there is no step more paramount than placing attachments. Simply stated, a poorly placed attachment will not only result in teeth not moving, but easily results in teeth moving in a direction opposite to what is prescribed. I have heard several methods described to me, and there is not only one way to properly place an attachment, but I suggest to you my method for *consistently* perfect placement of attachments:

1. **Isolation** – I use something called the Umbrella by Ultradent. It is soft, comfortable, and has lip bumpers to not only retract laterally but also retracts the lip midlines away from the teeth. By using the Umbrella, my placement of attachments is not compromised neither in the posterior nor the anterior.



2. **Verify fit of attachment template** – I do not cut templates in half or thirds. If it doesn't fit in one piece, then it doesn't fit. I prefer to verify the seating of the template in the same manner that the tray would be seated which is in one piece.
3. **Fill the attachment well** – I use Tetric Evo Flow translucent shade due to its 'esthetics'. You can't ever hide the fact that you're wearing attachments, but this shade does blend into the natural tooth the best. Be sure to place the tip of the needle at the base of the well and fill from the bottom up to ensure *no voids*. Lastly, do not overfill the well. Try hard to only fill the well and not let any spill over into the tray portion that meets the tooth.
4. **Seat the template** – have the patient *bite* the template into place
5. **Light cure** – press the tip of the light against the tray and push the template into the tooth. You will need a curing light with flat tip because a curved tipped light will slip off the template.
6. **Clean excess resin**- using the 'Black Light Technique' by Dr. Christina Blacher. This requires purchase of a black light from any retailer (you cannot use a curing light) and scaling or using a handpiece to remove any flash (use a 7901 carbide to get close and not damage enamel). Leaving flash will disrupt your whole treatment and is one of the major causes of teeth not tracking which we will review in the next installment of Just a Clinical Minute

### **IPR – INTER-PROXIMAL REDUCTION**

Many treatment plans require creating space and IPR is one of the 4 main ways of creating space during clear aligner therapy. Many methods and tools have been used over the years, and every practitioner should use what works best in his or her hands. I will outline my method and highlight the benefits of the system I use.

Qwikstrips- By far, safety is my primary concern while doing IPR. Esthetics are my secondary concern. The Qwikstrip system invented by Dr. Louie Khouri satisfies my criteria for patient safety, my concerns for esthetics, and my concern for sore fingers as I create my space. The Qwikstrip system is a sequential set of diamond strips with finger grips to glide through contacts safely and easily. The strips are flexible enough to keep the original anatomy of the tooth, but robust enough to get you up to a 0.5mm IPR. Qwikstrips come one sided, two sided and curved (single side) to properly hug, curve and strip, while properly maintaining tooth contours. Most people who have done enough clear aligners have tooth picked the lower anterior at some point, but I'm happy to report that those days are over with the inclusion of Qwikstrips into your armamentarium. As an aside, I now keep a clinic pack of Qwikstrips in each operatory and find myself reaching for them every single day as part of my restorative procedures! This is a must have product and I am constantly messaging the inventor, Dr. Khouri about how or why I've never heard of this great product before. Qwikstrips can be ordered from [www.qwikstrips.com](http://www.qwikstrips.com).



## **MUNCHIES/PUL TOOL**

Since being turned on to munchies in early 2019, they have been a part of my delivery procedures for every single patient. The munchie is my secret weapon for getting teeth to do what I want them to do! Additionally, I believe that the munchie is the common denominator among all clear aligner systems. I subscribe to the 4x daily, 7-9 minutes each time 'Red' protocol. I've found that difficult movements become medium movements and medium movements become easy movement. The munchie could allow you to do more and treat more. The beauty of a munchie is that it functions simply as a tray seating tool when needed, and can also function to activate the pdl, and aid in tooth movement via promoting release of cytokines. The munchie has the unique feature of having a groove where the incisal edge fits so that while seating and activation, the tray does not deflect to the buccal or lingual as other aids do. Dr. David Penn, the inventor of the Munchie has volumes of research and is a genuine scholar when it comes to his product and a true helper to his colleagues. Munchies can be ordered at



[www.eocamerica.com](http://www.eocamerica.com)

Another product that I give away at the delivery appointment is the PUL tool. This product is a definitive hit with my patients. They constantly are asking my team for more PUL tools. Allow me to explain: whereas a munchie is a seating and activation tool, a PUL tool is like a munchie on the go, or a munchie for every room in your house. This tool has a hook for easy and finger free removal of the aligners as well as a soft biting or seating element. The founder of the company, Ms. Jannet Ly, created all of her products back when she was dental assisting and has a variety of unique and helpful products for your patients.



## **INSTRUCTIONS**

I like to have a 'compliance' talk with my patients before they leave my office with their new aligners. I've lived the days where my confidence in aligner therapy was low and the outcomes were not consistent. I've lived with fingers crossed and looking to the heavens while entering an operatory, hoping that a certain tooth has moved. Those days thankfully are gone!

I let my patients know that their plan was created and modified by me, and that I am certain that 'these teeth will move'. I no longer put the onus on myself for when teeth do not move. It is true, that I need to do my job well and I have doctor side checklist when things get off track, but by far compliance is king in clear aligner therapy.

My initial wear instructions are 2 week wear for the first 3 trays and then 1 week wear until the end. I do progress scans every 4 weeks with my itero to make sure the teeth are tracking with the progress scan feature on my scanner. Then I make corrections accordingly (more on this next month).

With all of your I's dotted and T's crossed, your delivery appointment will be smooth and you can learn to deliver your care consistently to all of your aligner patients.