

SOME TIPS FROM CLINICIANS ON TOOTH EXTRUSIONS USING CLEAR ALIGNERS

Two Step-by-Step Techniques

Excerpted From Clear Correct blog by Zach Kimmel

Extrusion teeth movements are one of the most difficult movements to achieve with clear aligners. Following are two techniques some clinicians use.

TECHNIQUE 1: Using an Elastic Band as an Auxilliary

Bond a porcelain bracket to the tooth on the gingival most aspect of the buccal and then another on the lingual. Trim the aligner back on the buccal and the lingual to make room for the ceramic brackets. Run a 1/4" elastic band between the two brackets to apply the desired force to the tooth. This makes the elastics easier to place for the patient and reduces the possibility of de-bonding of brackets.

TECHNIQUE 2: Using Slits Cut Into Aligner as Anchors

Cut two small slits in the aligner on the mesial and the distal edges of the tooth to be extruded and anchor the elastic band on those slits. This technique avoids having to bond a bracket to the aligner.

Whichever technique you use, make sure you trim a little extra so the bracket on the tooth has room to move as the tooth is extruded.