

A clinical update on Invisible Orthodontic Appliances

Wilson LEE

Honorary Clinical Assistant Professor at the University of Hong Kong



1. Abstract:

Invisible orthodontic appliances have undergone a significant paradigm shift since millennium began, revolutionising the way orthodontic treatment is delivered. Previously, metal braces were the traditional mode of treatment, which were visible and often uncomfortable. However, advancements in orthodontic technology have led to the development of invisible orthodontic appliances including lingual appliances and aligners, which are designed to be virtually invisible and more comfortable for patients. The biomechanics and indications are different in both appliances and we have to be aware of the limitations in each appliances. Although aligner is a popular invisible orthodontic

appliance, clinician should be aware that there are others available option in expert orthodontist's hands. Dr. Lee will discuss with illustration of clinical cases about the various treatment options in contemporary orthodontic practice.

2. Learning objectives:

- a) To understand the indications and contraindications of aligners
- b) To understand the indication and contraindications of lingual appliances
- c) Learn basic biomechanics of orthodontic treatment
- d) Update on research in invisible orthodontic appliances

3. Keywords: aligners, lingual appliances, orthodontics