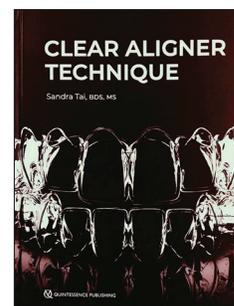


Book Review

Book Review: Clear Aligner Technique, Sandra Tai

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This well-presented textbook on the clear aligner technique serves as an excellent companion to a practicing clinician as well as an institutional department wishing to further their practice of clear aligners. The book is divided into 15 chapters, the first six of which cover general topics. After reviewing the history of orthodontic appliances, there is a comparison between aligners and edgewise appliances that looks at the basic differences in the functioning of each, a chapter to elucidate case selection for clear aligners, an understanding of the Invisalign proprietary software ClinCheck that is involved in treatment planning, and a chapter on troubleshooting, finishing, and retention.

This is followed by malocclusion-specific chapters. These cover the usual crowding, deep bites, open bites, Class II, Class III, lower incisor extractions, premolar extractions including a case using the G6 protocol, orthognathic surgery, and interdisciplinary treatment. Each of these chapters covers diagnosis and aligner biomechanics specific to the malocclusion. It then moves to the ClinCheck software and advises care that the practitioner should exercise while filling up prescriptions, while making choice of attachments and its rationale. Emphasis is placed on planning anchorage and the staging of treatment. The diagrams to explain staging of treatment are particularly useful to understand how teeth should move, depending on whether the movement is difficult or predictable. The chapter on Class II includes a case each of Class II elastics, distalization, and use of the 2017 launched feature of mandibular advancement among others. There are around 35 comprehensively discussed cases with high-class photographic, radiographic, and ClinCheck records.

The cases exhibit the use of auxiliaries such as buttons and intraoral elastics and at times brackets and molar tubes for uprighting teeth. Other than the cases of orthognathic surgery where temporary anchorage devices (TADs) have been used for intermaxillary fixation, the case reports in the interdisciplinary orthodontics chapter also show the use of TADs to complement aligner therapy in anterior intrusion for anterior cant correction and posterior intrusion for open bite correction. There are no cases employing arch expanders or molar distalizers.

The severity of cases is moderate to severe, and a reader will find them familiar to practice. There is an adequate discussion of the rationale for the protocol of treatment of these cases. One can extrapolate these principles to situations that one may find in their own cases. One must bear in mind that research and evidence-based practice related to clear aligners is largely limited to use of Invisalign and still in early stages. Yet, this book references recent bibliography in each of its chapters. The author acknowledges the fact that “it takes diligence and time to produce well-designed scientific research so that we may continue to practice clinically sound evidence-based orthodontics.”

“Clear aligner treatment is a technique and not a product.” Moreover, clear aligner system today is a “comprehensive” orthodontic appliance and not just a “compromise” orthodontic appliance. Dr. Tai, through her book, does well to drive these points home. She also, thereby, fills the lacuna of a well-designed textbook to cater to aligner orthodontics.

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