



Indian Orthodontic Society

Public Advisory

DO IT YOURSELF ALIGNERS

Who is an orthodontist?

An orthodontist is a dental specialist who undergoes three years of additional training after getting a basic dental degree and is an expert in treating malocclusions i.e irregularities of the teeth, jaws and face. Movement of teeth with respect to the jaws and joints is an extremely sensitive procedure and care should be taken to ensure the best possible results with minimal damage to enamel, roots, gums, bone and joints. Careful consideration of facial esthetics and smile parameters are some of the factors which have to be considered before the correction of crooked teeth.

Your orthodontist would conduct a thorough clinical examination, evaluate your jaws, muscles and teeth during various functions, make photographs and impressions and would ask for further records such as x ray views/scans to see the condition of your roots and bone prior to starting treatment.

What are aligners?

Aligners are clear plastic appliances which are an alternative for metal or other conventional braces. They are less visible and can be removed by the patient to eat, drink brush, floss etc. Aligners are relatively new additions to the armamentarium of the orthodontist and are constantly being updated due to ongoing Research and Development in this area. While some malocclusions may be effectively

treated by clear aligners, debate is still on as to whether they are as good as conventional braces in all cases. In addition, most treatment plans would involve tooth-colored attachments on your teeth for them to work. In some cases judicious reduction of tooth material or even tooth removal may be required for effective tooth movement. These clinical decisions can be taken appropriately only by a trained specialist.

PLEASE NOTE: Many orthodontists undergo additional training to become conversant with various aligner systems and would be the best judge to inform you on whether your problem can be effectively treated with clear aligners.

The INDIAN ORTHODONTIC SOCIETY (www.iosweb.net) has noted with concern that several aligner companies have sprung up which offer clear plastic appliances directly to the consumer which eliminates the involvement and expertise of the trained professional. These are called DO IT YOURSELF (DIY) aligners.

You may be asked to upload your pics with an app or an at-home scan may be arranged and the aligners would be delivered to you. While many people may be tempted to use these services mostly because they may be cheaper and convenient, we the specialists of the IOS, strongly suggest you think twice before you click on that button to order your aligners.

THINK BEFORE YOU CLICK

- 1) Did an expert examine you physically and consider your facial features in the treatment planning? **YES/NO**
- 2) Did an expert examine your jaws for movement /clicking/pain and ask for xrays/models to examine your teeth /bones/jaws? **YES/NO**
- 3) Did an expert discuss your problem (Every patient is unique and different) and give you various choices of appliances and invite you to make a choice? **YES/NO**
- 4) Have you been informed that you may need some special attachments to be fixed on your teeth for effective tooth movement? **YES/NO**
- 5) Have you been informed that IPR(Tooth reduction) or extractions may be necessary to create space for certain problems? **YES/NO**
- 6) Do you know the academic credentials of the expert treating you? Do you know him /her personally? **YES/NO**
- 7) Who would take responsibility for the outcome of your treatment? Do you have one qualified doctor who is accountable? **YES/NO**
- 8) Who would take responsibility for the untoward side effects of your treatment? Have you been informed of these and would a qualified doctor be available to manage these? **YES/NO**
- 9) Have you been informed about relapse and the need for a retention plan? **YES/NO**
- 10) Would you consider this type of direct to consumer mode of treatment for any other dental or medical problems? **YES/NO**
- 11) Damage to teeth and jaws is irreversible unlike a bad haircut. Were you informed of this? **YES/NO**
- 12) Have you realized that when you undergo DIY treatment, your provider and their treatment is out of the realms of professional accountability? **YES/NO**

If your answer to MOST of the above questions is "NO": Ask yourself - 'DON'T YOU DESERVE MORE' than impersonal generalized treatment.

Trust an IOS Endorsed Orthodontist!

Indian Orthodontic Society is the first specialty organization of Dentistry in the country and has more than 5000 life members from different parts of the nation. The IOS is committed to promoting and safeguarding the health of the public by providing quality orthodontic care and educating the public on important issues of Orthodontic and dental health.

The Indian Orthodontic Society is a member of the World Federation of Orthodontists. We along with several reputed professional orthodontic organizations around the globe believe that the appliance that is used is only secondary to the skill, expertise, and experience of the orthodontist. Visit www.iosweb.net to find an orthodontist near you!

