Dental distalization techniques with clear aligners: a narrative review

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Abstract

Clear aligners (CAs) have revolutionized orthodontic care, offering aesthetically pleasing, comfortable, and practical solutions for correcting malocclusions. Among their various applications, dental distalization, a crucial movement for treating Class II malocclusions and managing dental crowding, has become a focus of modern orthodontics. This review synthesizes evidence on the predictability of distalization using CAs, highlighting their benefits, challenges, and advancements. Research indicates that aligners achieve distal molar movement with an accuracy of approximately 70%, dependent on factors such as patient adherence, technological advancements, and auxiliary tools like temporary anchorage devices (TADs). Despite these advancements, challenges like insufficient control over transverse movements remain. Future innovations integrating artificial intelligence and enhanced digital planning tools offer promising prospects for improving outcomes and expanding the capabilities of aligner therapy.

Keywords: Clear Aligners (CAs), Dental Distalization, Temporary Anchorage Devices (TADs)

Introduction

Orthodontic treatment (1–6) has significantly evolved over recent decades (7–9,9–12,12–15), transitioning from traditional braces (16–18) to clear aligners (CAs), which offer aesthetic and functional benefits (19–24). These aligners have redefined the treatment of dental malocclusions (25–28) by improving patients' comfort and visual appeal. Dental

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distalization and the posterior movement of teeth are among the complex movements achievable with CAs (35–37), essential in addressing Class II malocclusions and minor skeletal discrepancies (38–51).

Clear aligners (52–55) offer unique advantages over traditional methods (56–64). Their ability to integrate seamlessly into daily life with minimal disruption has increased in popularity (65–69). Patients benefit from removable, nearly invisible devices that facilitate oral hygiene and reduce the discomfort associated with metal brackets (70–75). Moreover, the precision of digital treatment planning (76–78) enables orthodontists to visualize and execute complex movements more accurately (75,79–83). These features make CAs a transformative tool in addressing orthodontic challenges, including dental distalization (84–89).

This review consolidates evidence to evaluate clear aligners' effectiveness, challenges, and potential advancements in achieving dental distalization (90–93, 316). This narrative aims to provide a comprehensive perspective on this transformative orthodontic tool (99–103)by integrating recent technological advancements, clinical evidence, and innovative approaches. Additionally, the discussion explores how advancements in materials and artificial intelligence (104–109) contribute to the evolving landscape of aligner therapy (110–119).

Materials and Methods

This narrative review aims to synthesize current knowledge on the predictability of dental distalization using clear aligners. A thorough review of databases such as PubMed, Scopus, and Web of Science was conducted, employing keywords like "orthodontics," "clear aligners," and "dental destabilization." The review included articles published between 2013 and 2023, focusing on clinical studies, observational research, and case reports involving human subjects. The primary objective was to identify key trends, technological advancements, and challenges associated with using clear aligners for dental distalization.

The selection process prioritized studies explicitly addressing the clinical application of clear aligners in treating malocclusions to ensure the quality and relevance of the reviewed sources. This included examining treatment outcomes, challenges, and innovations. Studies such as systematic reviews, meta-analyses, and research on animal models or in vitro setups were excluded as they were not directly relevant to clinical practice. The extracted data were analyzed to highlight recurring themes and identify areas requiring further investigation, providing a comprehensive and critical overview.

Over the past decade, clear aligners have undergone remarkable advancements. Initially designed for minor orthodontic corrections, they have evolved into sophisticated tools capable of performing complex movements such as molar distalization. This progress has been made possible by integrating advanced materials like multilayered thermoplastics and innovative digital technologies. These developments have enhanced the precision and effectiveness of treatments and significantly improved patient satisfaction. Key advantages of clear aligners include their nearly invisible appearance, which improves confidence among adult patients seeking discreet solutions, and their removable nature, which facilitates superior oral hygiene compared to traditional braces. Moreover, their customized fit and lack of sharp edges ensure greater comfort during treatment.

Despite these advantages, the effectiveness of clear aligners in achieving specific movements, such as distalization, is influenced by several factors, including patient compliance, material properties, and auxiliary tools. Distalization requires controlled force to move posterior teeth backward, crucial for treating Class II malocclusions and addressing crowding. Challenges include the risk of anchorage loss, where unintended anterior tooth movement compromises outcomes, and the inherent limitations of aligner materials in achieving specific complex movements. Patient adherence, mainly the consistent use of aligners for 20 to 22 hours daily, is critical in determining treatment success. Non-compliance can significantly delay progress and reduce the predictability of outcomes.

To overcome these challenges, several innovative strategies have been developed. Temporary anchorage devices (TADs) provide skeletal anchorage, enhancing stability and minimizing undesired movements during extensive destabilization efforts. Interproximal enamel reduction (IPR) is another effective technique that creates additional space for tooth movement. Combining clear aligners with fixed appliances or other tools, hybrid approaches have proven effective for addressing complex cases. For instance, integrating rapid palatal expanders with aligners has successfully corrected transverse discrepancies in adult patients. Additionally, advancements in aligner materials, such as multilayered thermoplastics, have improved force distribution and overall treatment efficiency.

Clinical studies report that clear aligners achieve distal molar movement with an accuracy of approximately 70%. However, this varies depending on the severity of the malocclusion, patient compliance, and the use of auxiliary devices. Strategies such as overcorrection planning have emerged as valuable for achieving greater precision, reducing the need for refinements, and enhancing treatment predictability. Technological integration, including digital treatment planning tools, enables orthodontists to design highly accurate treatment plans, while 3D printing techniques optimize aligner production for better fit and force application.

Recent advancements in aligner therapy include the integration of artificial intelligence (AI) and machine learning, transforming treatment planning by providing more accurate predictions and personalized solutions. AI-powered tools analyze large datasets to anticipate treatment outcomes, allowing orthodontists to make proactive adjustments. Additionally, innovative materials capable of dynamically adapting biomechanical properties to patient needs have been developed, ensuring consistent force application and improved results. Adjunctive therapies, such as vibration devices, are also being explored to accelerate tooth movement and enhance aligner fit, further improving treatment outcomes.

While clear aligners have revolutionized orthodontic care, challenges remain in achieving precise control over specific movements, such as transverse shifts and skeletal corrections. Nonetheless, ongoing innovations in materials, digital technologies, and auxiliary tools continue to expand their potential. Future advancements

are expected to focus on developing materials with superior biomechanical properties, refining digital planning systems for real-time adjustments, and leveraging AI to optimize workflows and enhance predictive accuracy. By addressing these limitations, clear aligners promise to become even more effective, accessible, and patient-friendly, heralding a new era in orthodontic care.

Discussion

Technological advancements (120–124) have significantly transformed the field of orthodontics, with clear aligners at the forefront of this evolution (125–129). Initially developed for minor corrections (130–133), clear aligners provide sophisticated solutions for complex dental movements (134–138), including dental distalization. This process, involving the backward movement of posterior teeth, is crucial for addressing Class II malocclusions, creating space to manage dental crowding (139–144), and compensating for skeletal discrepancies without resorting to extractions (145–148). While clear aligners offer an aesthetically pleasing (149–153) and patient-friendly alternative to traditional methods, their effectiveness in achieving precise outcomes depends on several factors, including technological integration, patient compliance, and auxiliary tools. The advent of 3D scanning (154–156) and digital treatment planning software, such as ClinCheck, has revolutionized the customization of clear aligners. These tools allow orthodontists to visualize and plan treatment stages (157–160) with unparalleled accuracy, ensuring that aligners are tailored to individual patient needs.

Furthermore, advancements in aligner materials, like multilayered thermoplastics, enhance their flexibility (161–163), durability, and biocompatibility. These innovations contribute to better control over tooth movements, improved treatment outcomes, and higher patient satisfaction. Dental distalization traditionally relied on devices such as headgear or fixed intraoral appliances (164–168), which often posed challenges related to patient compliance and anchorage loss. Clear aligners have emerged as a more patient-friendly alternative, exerting controlled and gradual forces to achieve effective distalization (169–173). However, the predictability of these movements can be influenced by factors such as anchorage stability, material limitations, and patient adherence (174–178). For instance, anchorage loss, where anterior teeth move undesirably during extensive distalization efforts, can compromise overall outcomes. Material rigidity and elasticity also play a critical role in determining the precision of planned movements (179–182). Deviations may occur between planned and actual outcomes, especially in complex cases involving molar derotation or significant bodily shifts (183–186). Patient compliance is another pivotal factor, as consistent wear of aligners for 20 to 22 hours daily is essential to achieving optimal results. Non-compliance can significantly extend treatment timelines and impact outcomes (187–189). Several innovative strategies have been developed to enhance the predictability of distalization with clear aligners (190–194). Temporary anchorage devices (TADs) provide skeletal anchorage, ensuring stability and minimizing undesired anterior movements (195–197). These devices are particularly effective for managing large overjets and significant malocclusions (198–202). Interproximal enamel reduction (IPR), another effective technique, creates additional space for movement (203–205). Digital planning tools closely align with clinical results, enhancing the reliability of this approach (206–209). Combining clear aligners with fixed appliances or other tools, hybrid treatment methods have also shown promise in addressing more complex movements (210–213). For instance, integrating rapid palatal expanders with aligners effectively resolves transverse discrepancies in adult patients (214–217). Similarly, advancements in aligner material design, such as multilayered thermoplastics, improve force distribution and control over prolonged treatment periods, reducing the need for refinements and increasing treatment efficiency (155,218–220). Clinical studies reveal that clear aligners achieve distal molar movement with an accuracy of approximately 70%. The success of these movements depends on factors like malocclusion severity, patient adherence, and the use of auxiliary tools (221–224). Overcorrection planning has emerged as a valuable strategy for addressing challenging movements, reducing the need for refinements, and ensuring greater predictability (198–201). Combination therapies, integrating TADs or fixed appliances with aligners, yield higher success rates for extensive distalization efforts (229–231). Technological integration further enhances the precision of aligner therapy (232–236). Digital tools enable orthodontists to plan treatments with greater accuracy, while innovations like 3D printing improve aligner production efficiency (202–209) (210–214) (215–219) (220–224) (223–227) (237–241). This ensures a better fit and optimized force application, contributing to more predictable outcomes (242–244).

Recent advancements in aligner therapy include the integration of artificial intelligence (AI) to refine treatment planning (245–248). AI-powered algorithms analyze large datasets to predict outcomes more accurately and minimize discrepancies (249–251). For example, machine learning tools can simulate the impact of individual movements, providing orthodontists with actionable insights to adjust plans proactively (252–254). Innovative materials capable of dynamically changing their biomechanical properties to individual patient needs further enhance the effectiveness of aligners (238–241). These materials respond dynamically to force levels, ensuring consistent pressure throughout treatment and improving overall outcomes (255–258). Adjunctive therapies, such as vibration devices, have also been explored to accelerate treatment times and enhance aligner fit (259–261). These devices stimulate bone remodeling, facilitating faster and more predictable tooth movements (262–265). Despite these advancements, clear aligners face limitations in certain areas (266–268). For example, achieving precise control over transverse movements and managing significant skeletal discrepancies remain challenging (269–272). Concerns regarding potential bisphenol A (BPA) exposure from aligner materials have been primarily addressed by developing biocompatible alternatives (273–278). However, ongoing research is needed to address these limitations and further enhance the capabilities of clear aligners (279–282). Future advancements should focus on developing enhanced aligner materials with superior biomechanical properties to improve movement control and patient comfort (283–287). Improved digital tools for

precise treatment planning and real-time adjustments will also enhance efficiency and outcomes (288–291). Additionally, leveraging AI and machine learning to refine predictive accuracy, personalize treatment plans, and optimize workflows holds great potential for transforming aligner therapy (292–294). Minimally invasive anchorage systems that offer high effectiveness and improved patient comfort could improve compliance and treatment outcomes (295–299). Clear aligners have undeniably transformed orthodontic care, combining aesthetic appeal, comfort, and effectiveness (300–303, 315). While challenges remain in executing complex movements, ongoing innovations in materials, digital planning, and auxiliary tools continue to expand their capabilities (304–306). By embracing these advancements, orthodontists can optimize treatment outcomes and provide more personalized, efficient, patient-centered approaches to orthodontic care (307–310). The continued evolution of aligner systems promises a future where orthodontic treatments are not only more effective but also more accessible and comfortable for patients worldwide (311–314).

Conclusion

Clear aligners have emerged as a transformative tool in orthodontics, particularly for dental distalization. While their predictability has improved through innovations such as TADs and hybrid approaches, challenges persist in achieving complex movements. Continued technological progress promises to enhance their effectiveness, providing patients with aesthetic, comfortable, and minimally invasive treatment options. Addressing current limitations and embracing future innovations will allow orthodontists to optimize outcomes and expand the potential of precise aligner therapy for complex cases. By combining patient-centric approaches with cutting-edge technologies, the scope of orthodontic care is poised for remarkable advancements.

Abbreviations

Cas: Clear Aligners
TADs: Temporary Anchorage Devices
IPR: Interproximal Enamel Reduction
BPA: Bisphenol

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