

QUICK TECHNIQUE

A Novel “Connected” Aligner System Allowing Remote Case Monitoring



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Clinical oversight is critical to the success and safety of patients undergoing orthodontic treatment. Proper oversight goes beyond monitoring the progress of the prescribed movements. It requires visually confirming the continued health of the hard and soft tissues throughout the oral cavity. Clinicians face multiple challenges to achieving their ideal level of oversight, with one

being the vast majority of treatment occurs outside a clinician’s office. Another is the significant time period that oversight is required. On average, it takes 20 months to complete orthodontic treatment with fixed appliances and results in 18 office visits.¹ Clear aligner therapy has reduced the required number of office visits significantly,² but these efficiency benefits come with a trade-off in clinical oversight. Studies show that the oral appliances, including removable clear aligners, lead to changes in the oral chemistry that



Figure 1. CandidPro clear aligner system.

implant placement. CandidMonitoring allows me to share dynamic treatment plans (Figure 2), including high-resolution intraoral images (Figure 3), with and without aligners, at every aligner stage to facilitate our discussions and evolving treatment options.

The technique is quite simple. Treatment can be initiated in one visit. After going through thorough consultation, consent, and records, I simply upload patient details, including photos, x-rays, and intraoral scans (.STL files) into the CandidPro Portal. I can select to have the aligner kit delivered to my office or shipped directly to my patient. My patients receive an email with a link to download the CandidApp (Apple or Android) (Figure 4). The app includes easy-to-understand video instructions of how to insert his or her mobile phone into the included ScanboxPro device (Figure 5) and begin sharing progress photos with me attached to their case in the portal.

CandidMonitoring inspires confidence in knowing that aligner intervals are connected to the individualized rate at which my prescribed forces are expressed. After using this new technique to monitor my clear aligner patients, I simply could not imagine going back to having patients go unseen for months at a time. I am now much more connected with my clear aligner patients and the specialists I collaborate with on their treatment.

For more information, visit candidmonitoring.com or **CandidPro’s** website at candidpro.com.

References

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Dr. Little received his DDS degree at UT Health San Antonio Dental School of Dentistry and now maintains a multidisciplinary, state-of-the-art dental practice in San Antonio, Texas. An accomplished national and international speaker, professor, and author, Dr. Little also serves the dental profession as a clinical researcher focusing on surgical placement and restoration of dental implants and technology integration. He also shares his expertise on emerging technologies, including CBCT, planning software, surgical guides, digital workflows, and restorative techniques.



Figure 2. Shareable dynamic treatment plans.



Figure 3. Side by side: any stage vs the most recent aligner, including tracking, hygiene, and scan compliance.



Figure 4. CandidApp (Apple or Android).



Figure 5. ScanboxPro device.

elevate risk of caries and periodontal disease.^{3,4} Despite this, patients routinely are allowed to go 8, 10, or 12 weeks or more unseen by their doctor during a treatment with known complications surrounding compliance and hygiene.

I have been offering clear aligner therapy for many years, but last year an orthodontist introduced me to the CandidPro clear aligner system (Candid) (Figure 1). What captured my attention was the increased clinical oversight it offered.

In my practice, we offer multidisciplinary services, so it is not uncommon to have scenarios such as a patient who has been recently cleared for orthodontic therapy after gaining control of periodontal disease or is indicated for extraction immediately preceding orthodontic treatment. Being able to visually oversee their progress and healing at every single aligner stage remotely has proven to be invaluable. Many of my treatment plans include collaboration with other specialists. A frequent use case is incorporating prosthetically driven treatment planning with CandidPro to achieve ideal



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More compliance



70%

Seventy percent of patients finish without refinements in 8.5 months¹

89%

Eighty-nine percent of patients submit a scan on time²

More efficiency



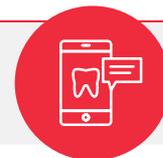
89%

Up to eighty-nine percent of office visits eliminated³

100s

Hundreds of pre-written patient messages proven across thousands of cases

More technology



100%

One-hundred percent digital workflow with no setup required*



Includes CandidApp™ for patients, the #1-rated app in teledentistry

1. Based on data from cases between 12/1/21 and 3/31/2022. 2. Data on file. 3. Compared to conventional orthodontic treatment. *PVS impressions accepted.