Aligner Treatment for Class III Malocclusion with Anterior Crossbite

Abstract

Introduction: A 19-year-old male came for consultation for a protrusive mandible and an unesthetic smile. He was previously advised against his preference for clear aligner therapy by other orthodontists.

Diagnosis & Etiology: His facial profile was concave, and the cephalometric analysis indicated a skeletal Class III relationship (ANB -2°). The diagnosis was a skeletal Class III malocclusion with an anterior crossbite and an overjet of -2mm. No functional shift was noted. The molar relationships were end-on Class III bilaterally.

Treatment: The treatment plan was to retract the lower arch with aligners. Class III intermaxillary elastics were added to increase anchorage. Occlusal attachments were installed on the LL6 and LR6 to correct the anterior crossbite. In the 9th month, the anterior crossbite was resolved. The patient finished his first set of aligners in the 14th month. A refinement phase was then initiated to improve the final occlusal outcome.

Results: The total treatment time was 19 months. Overall, the case, with a Discrepancy Index (DI) of 11, was treated to a Cast-Radiograph Evaluation (CRE) of 6 and a Pink & White esthetic score of 2. (J Digital Orthod 2021;63:42-56)

Key words:

Aligner, Class III malocclusion, anterior crossbite, Class III intermaxillary elastics, occlusal attachment

Introduction

The dental nomenclature used in this report is a modified Palmer notation with four oral quadrants: upper right (*UR*), upper left (*UL*), lower right (*LR*), and lower left (*LL*). From the midline, the permanent teeth are numbered 1-8.

Aligners have been evolving for years. In the beginning, they could only treat mild malocclusion cases.^{1,2} Considerable effort explored the possibilities and limitations of aligners. Although research in 2017 implied there were still many limitations,³ the advancement of materials, artificial intelligence, and experience with more difficult cases has considerably extended the capability of aligner treatment.⁴⁻⁷ Class

III camouflage treatment is common but challenging when using braces.⁸⁻¹⁰ Aligners combined with Class III intermaxillary elastics is not common. Treatment strategies for correcting anterior crossbites with a deep bite are even more unusual.

This case report describes the non-surgical treatment of a Class III jaw relationship with end-on Class III molar relationship and a Discrepancy Index of 11. With proper design of a Class III mechanism, this interesting case was completed with a normal occlusion and good esthetic results.

Bear Chen, Associate Director, Beethoven Orthodontic Center (Left)

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W. Eugene Roberts, Editor-in-Chief, Journal of Digital Orthodontics (Right)



History and Etiology

A 19-year-old male sought orthodontic consultation for a protrusive mandible and unesthetic smile. No contributing medical or dental histories were reported. A clinical examination revealed a concave facial profile and lower lip protrusion. From the frontal view, his face was symmetrical. When he smiled, the upper



Fig. 1:

Pre-treatment facial and intraoral photographs. The facial profile was concave. UR1 and UL1 were blocked in by restorations on the LR1 and LL1. There was an end-on Class III relationship bilaterally.

central incisors were barely visible. Intraorally, the molar relationships were bilateral end-on Class III. The upper central inciosrs were significantly extruded about 4mm to the maxillary occlusal plane. It follows that there was a 4mm discrepancy between the gingival levels of the upper central incisors and lateral incisors. The UL1 was worn away on the disto-incisal angle. A dynamic examination of mandibular motion revealed a functional shift from left to right. The LL1 and LR1 were splinted crowns and all 3rd molars were present (*Figs. 1 and 2*).

The cephalometric analysis indicated skeletal Class III (*ANB* -2°) and the FMA were normal (30°). The upper and lower incisor axes were both upright (*Fig. 3; Table* 1). The upper lip was 5mm behind the E-line, resulting in a relatively protrusive lower lip.

The patient's mouth opening was 40mm without a deviation. Although the condylar shapes were asymmetrical, the temporomandibular joint (*TMJ*) clinical examination did not reveal any clicking,





Pre-treatment cephalometric radiograph. Overjet was -4mm, and overbite was 6mm. The lower lip was more protrusive than the upper lip.

crepitation, or pain with palpation in the porus acusticus externus. However, a compressed disc space was noted on the right side, indicating a functional shift (*Fig.4*).



Fig. 2:

Left: The panoramic film showing the endodontically-treated LR1 and LL1 were splinted together with single crowns. Center: UR1 and UL1 were extruded 4mm. UL2 disto-incisal angle was worn. Right: In a lateral view, all upper incisors were in full or partial crossbite. The cervical third of the central incisors could barely be seen.



Fig. 4:

TMJ transcranial radiographs show asymmetrical condyle heads. The right one was compressed due to anterior crossbite, which may imply functional shift. To verify that, a C_0/C_R discrepancy test was necessary.

Diagnosis

Skeletal:

- Sagittal relationship: Skeletal Class III, protruded mandible
- Mandibular plane angle: Normal

Dental:

- Occlusion: End-on Class III bilaterally
- Overjet/overbite: -4mm/6mm

Facial:

- Convexity: Concave
- Lip protrusion: Protrusive lower lip (3mm)

The American Board of Orthodontics (*ABO*) Discrepancy Index (*DI*) was 11, suggesting the malocclusion would be more readily treated with fixed appliances, compared to aligners. Details for the DI are shown in the supplementary Worksheet 1.

Treatment Objectives

The treatment objectives were to: (1) correct the crossbite, (2) establish functional Class I molar and canine relationships, (3) retrude the lower lip, and (4) align the upper and lower midlines.

Treatment Plan and ClinCheck

The treatment was designed to first retract the lower arch about 2mm and then expand it 2mm. Incisor

CEPHALOMETRIC SUMMARY				
SKELETAL ANALYSIS		•		
	PRE-Tx	POST-Tx	DIFF.	
SNA° (82°)	82°	82°	0	
SNB° (80°)	84°	84°	0	
ANB° (2°)	-2°	-2°	0	
SN-MP° (32°)	30°	31°	1°	
FMA° (25°)	23°	24°	1°	
DENTAL ANALYSIS		•		
U1 To NAmm (4mm)	4	8	4	
U1 To SN° (104°)	100°	112°	12°	
L1 To NBmm (4mm)	3	1	2	
L1 To MP° (90°)	82°	69°	13°	
FACIAL ANALYSIS		•		
E-LINE UL (-1mm)	-5	-5	0	
E-LINE LL (0mm)	0	-3	3	
%FH: Na-ANS-Gn (53±3%)	52%	53%	1%	
Convexity: G-Sn-Pg' (13°)	4°	5°	1°	

Table 1:

Pre- and post-treatment cephalometric analysis. ANB remains unchanged. However, the angle of U1 to SN increased 12°, and the angle of L1 to MP decreased 13°. The lower lip was retracted 3mm.



Fig. 5: ClinCheck

42 stages were designed to treat the patient. The following goals were prescribed. (1) Expand and retract the lower arch by 2mm and 1mm respectively. (2) Intrude the upper and lower incisors. (3) Perform precision cuts on both lower canines, with cutouts on both upper molars for Class III intermaxillary elastics. (4) Overcorrect the overjet with 0.5mm overbite.

intrusion planned was 4 and 2mm for the upper and lower arches, respectively. Class III intermaxillary elastics were planned for occlusal attachments to correct the anterior crossbite. The aligner treatment was set to finish with a 0.5mm overbite and 0.5mm overjet. 42 stages were designed to solve the malocclusion, 10 days for each stage. Additional aligners could be needed (*Fig. 5*).

Treatment Alternatives

The patient refused fixed appliance treatment although that was clearly the most efficient approach.

Orthognathic surgery would be the best way to correct the skeletal discrepancy and asymmetry, but it is expensive and risky. The patient flatly refused.

Treatment Process

All attachments were bonded in the 2nd stage, and the patient was instructed to use the aligner seater every time he wore the aligners.

By the 11th stage (3rd month), the occlusal attachments were prescribed on the LR6 and LL6 to open the occlusion. Meanwhile, the upper central incisors started to flare (*Fig. 6*).

By the 17th stage (6th month), the UR6 and UL6 buccal side of the aligners were cut out, and buttons for Class III intermaxillary elastics were bonded. Precision cuts were designed on LR3 and LL3 (*Fig. 7*).

By the 26th stage (9th month), the anterior crossbite was corrected, and the molar relationships were Class I (*Fig.* 8).



Fig. 6:

In stage 11, virtual occlusal attachments were placed on LR6 and LL6 to disocclude the arches. The aligner was strong enough to confront the force of occlusion; therefore, it was not necessary to bond a resin core on the occlusion. Hence, the patient was more comfortable inserting and removing the aligners. An excellent disocclusion effect due to occlusal attachments is shown in the frontal view on the right.

By the 42nd stage (14th month), nearly all the problems were solved (*anterior crossbite, Class III, deep bite*). When the results were compared with ClinCheck[®], they were very similar. Because the objective was to overcorrect overjet and overbite, additional aligners were needed for finishing (*Fig. 9*). There were nine additional aligner stages.

After 19 months of active treatment, all appliances were removed, and retention was accomplished with upper and lower clear overlay Vivera[®] retainers.

Treatment Results

The patient was well satisfied with his esthetic and functional occlusion (*Fig. 10-12*). The Class III malocclusion was successfully resolved, and the protrusion of the mandible improved considerably. No temporary skeletal anchorage devices (*TSADs*) were placed. The anterior crossbite, functional Class I molar position, and canine relationships were successfully established. Excellent dental alignment was achieved as evidenced in the ABO CRE score of 6 points, shown in the supplementary Worksheet 2.



Fig. 7:

Cutouts were made on the UR6 and UL6, and then buttons were bonded. Precision cuts were made on the LR3 and LL3. Class III intermaxillary elastics were prescribed for full-time wear.



Fig. 8:

With a correctly designed orthodontic mechanism, the end-on Class III, anterior crossbite, and deep bite were all resolved with 26 stages (9 months).



Fig. 9 :

42 stages were designed to treat the patient, and the result was nearly identical to the ClinCheck[®]. The patient wore the aligners full time, except when eating and brushing teeth. Good patient compliance was the key to successful treatment.

The superimposed cephalometric tracings show that the proclination and intrusion of the upper incisors, as well as the retroclination of the lower incisors, were the keys to this case (*Fig. 11*). Due to the Class III intermaxillary elastics, the occlusal plane rotated counter-clockwise. Furthermore, the increase of vertical dimension rotated the mandible clockwise. The ANB remained unchanged. The FMA increased 1° (*Table 1; Fig. 11*). The post-treatment TMJ transcranial radiographs show the condylar heads returned to a symmetrical morphologic and kinematic relationship (*Fig. 13*). The patient did not report any TMD signs or symptoms before, during, or after treatment. The post-treatment panoramic film shows good parallelism of all teeth except UL4 and UL5 (*Fig. 14*).





The Pink and White dental esthetic score is 2 points, as shown in the supplementary Worksheet 3.

Discussion

Opening the occlusion is the key to correcting crossbites, both anterior and posterior. When using brackets, glass-ionomer cement can be placed on the occlusal surfaces of the lower posterior teeth to correct anterior crossbites. To increase the efficiency, power ridges help with torque control (*Fig. 15*). An inclined bite plate can be created on the lower incisors. Also, the patient must be instructed to hook Class III intermaxillary elastics and use a tongue depressor everyday (*Fig. 16*).^{9,11}

However, when using aligners, a bite plate cannot be used as it is impossible to wear the aligners and bite plate at the same time. Fortunately, an occlusal attachment on teeth can be designed to function as a bite turbo.

The greatest advantage of digital orthodontics is that tooth movements can be predicted. As indicated in the current patient's simulated animation, the duration of the crossbite correction would be from stage 11 to stage 26, so the occlusal attachments on LL6 and LR6 were placed during these stages to open the occlusion. The occlusal attachment is not like other optimized attachments for tooth movement; bonding of occlusal attachments is not necessary. All that was needed was the shape of the



Fig. 11:

Superimposed tracings indicate that the mandible moved in a clockwise direction due to counterclockwise rotation of the occlusal plane. The upper molars were extruded, and the upper incisors were flared and intruded. The U1-SN angle increased by 12°, and the L1-MP angle decreased by 13°. Although FMA increased, the patient did not complain about any TMJ discomfort.



Fig. 12: Post-treatment facial and intraoral photographs document the outcomes.

After 19 months of active treatment, the anterior crossbite, full-cusp Class III, and concave facial profile were corrected to a satisfactory result, with a good occlusal relationship. Open bite, which is common in Class III camouflage treatment, did not occur. The gingival level of the upper anterior teeth was aligned symmetrically. The curve of Spee was flattened.



Fig. 13:

TMJ transcranial radiographs show that the right condyle compression was relieved after correction of the anterior crossbite.



Fig. 14:

Post-treatment panoramic film shows good parallelism of all roots with mild root resorption. Extraction of the UR8 was suggested.



Fig. 15:

Power ridges are necessary if torque control is critical, especially for Class III and Class II mechanisms with a large scale of movement. For this patient, loss of torque on the lower anterior teeth (caused by Class III intermaxillary elastics) and lower arch retraction was expected, so power ridges were placed on the lower anterior teeth to increase torque.



Fig. 16:

To treat the anterior crossbite, an inclined bite plate was built on the lower anterior teeth to disocclude the arches. When combining Class III intermaxillary elastics and buccal shelf screws, many severe Class III malocclusions can be treated using camouflage treatment. occlusal attachment on the aligner to separate both arches during wear. In addition, the patient must be instructed to wear Class III intermaxillary elastics and use tongue depressors daily. With these tools, it took only six months to correct the anterior crossbite.

When crossbite is encountered, it is usually accompanied by tooth attrition, meaning that these teeth are located in the path of mandibular movement. Unless mal-positioned teeth are corrected, attrition will likely reoccur. This patient's disto-incisal angle was worn, but it was decided not to restore it at the beginning of treatment. It was restored after the crossbite was corrected and prior to the 2nd treatment scan (*Fig. 9*).

The major treatment objective was proclining the upper incisors and retroclining the lower incisors.⁸ The first step was to retract the lower molars. The aligners utilized other teeth in the same arch to provide anchorage to push the molars backwards up to 2mm. However, the anchorage was not enough to retract the premolars, so additional anchorage was needed from intermaxillary elastics or TSADs.¹² Therefore, the patient was instructed to wear Class III intermaxillary elastics to retract the lower premolars from stage 17 onwards. Since this was a Class III camouflage treatment, every necessary step to compensate for side effects was taken. It was important to control torgue loss in the lower anterior teeth; therefore, power ridges were necessary to flare the lower anterior teeth. Nevertheless, the loss of the torque was still quite significant (82° \rightarrow 69°) (Figs. 11 and 15; Table 1).

In 2014, G5 was introduced by Invisalign to resolve

deep bites. By combining optimized attachments on the premolars with the pressure area on the incisors' lingual surfaces, a force from the aligners is produced, which can go through the long axis of the incisors. By extruding the premolars and intruding the incisors, the curve of Spee can be flattened and the overbite decreased (Fig. 17).^{13,14} Using ClinCheck, absolute intrusion of the upper and lower incisors was planned. However, the superimposition (Fig. 11) shows the extrusion of the upper molars and the flaring of the upper incisors produced a relative intrusion of the upper incisors. Intrusion was also noted, for intrusion of the upper and lower incisors. It is clear that G5 flattens the occlusal plane by intruding incisors and extruding molars. Absolute intrusion of incisors with no change in the molars as predicted by ClinCheck did not occur.

Conclusions

With proper mechanics, Class III malocclusions with anterior crossbite can be resolved with aligners.

There are many differences between braces and aligners, but the treatment principles are the same overall. Orthodontists can therefore explore and extend the possibilities of for orthodontic treatment no matter what type of appliances are used.

Acknowledgment

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Fig. 17:

Left: G5 - Optimized attachments on the premolars were placed to help intrude the anterior teeth. Center & Right: In ClinCheck, the upper incisors were first flared, and then intruded 4mm. The lower incisors were intruded 2mm. aligner orthodontics treatment for lower molars distalization. In: Nanda R, Uribe F, Yadav, editors. Temporary anchorage devices in orthodontics. Elsevier. 2020. p.305–19.

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Discrepancy Index Worksheet

TOTAL D.I. SCORE

OVERJET

0 mm. (edge-to-edge)	=	
1 - 3 mm.	=	0 pts.
3.1 – 5 mm.	=	2 pts.
5.1 – 7 mm.	=	3 pts.
7.1 – 9 mm.	=	4 pts.
> 9 mm.	=	5 pts.

Negative OJ (x-bite) 1 pt. per mm. per tooth =



ANTERIOR OPEN BITE

0 mm. (edge-to-edge), 1 pt. per tooth then 1 pt. per additional full mm. per tooth

Total

=

LATERAL OPEN BITE

2 pts. per mm. per tooth

Total



0

CROWDING (only one arch)

1 - 3 mm.	=	1 pt.
3.1 – 5 mm.	=	2 pts.
5.1 – 7 mm.	=	4 pts.
> 7 mm.	=	7 pts.
Total	=	0

=

OCCLUSION

Class I to end on	=
End on Class II or III	=
Full Class II or III	=
Beyond Class II or III	=





LINGUAL POSTERIOR X-BITE

1 pt. per tooth	Total	=		0
BUCCAL POSTERIO	<u>OR X-F</u>	BITE		
2 pts. per tooth	Total	=		0
<u>CEPHALOMETRIC</u>	<u>S</u> (Se	ee Instruc	ctions)	
ANB $\geq 6^{\circ}$ or $\leq -2^{\circ}$			=	4 pts.
Each degree $< -2^{\circ}$		_x 1 pt.	. =	
Each degree > 6		_x 1 pt.	. =	
SN-MP $\geq 38^{\circ}$ Each degree $> 38^{\circ}$		_x 2 pt	= s. =_	2 pts.
$\leq 26^{\circ}$ Each degree $< 26^{\circ}$		_x 1 pt	= =_	1 pt.
1 to MP \ge 99° Each degree $>$ 99° _		_x 1 pt	=	1 pt.
	Tot	al	=	0
OTHER (See Instruc	tions)			
Supernumerary teeth Ankylosis of perm. teeth Anomalous morphology Impaction (except 3 rd mo Midline discrepancy (230 Missing teeth (except 3 rd r			x 1 p x 2 p x 2 p x 2 p x 2 p 2 p @ 2 p x 1 p	t. = ts. = ts. = ts. = ts. = ts. =

Supernumerary teeth	x 1 pt. =	
Ankylosis of perm. teeth	x 2 pts. =	
Anomalous morphology	x 2 pts. =	
Impaction (except 3 rd molars)	x 2 pts. =	
Midline discrepancy (\geq 3mm)	@ 2 pts. =	
Missing teeth (except 3 rd molars)	x 1 pts. =	
Missing teeth, congenital	x 2 pts. =	
Spacing (4 or more, per arch)	x 2 pts. =	
Spacing (Mx cent. diastema \geq 2mm)	@ 2 pts. =	
Tooth transposition	x 2 pts. =	
Skeletal asymmetry (nonsurgical tx)	@ 3 pts. =	
Addl. treatment complexities	x 2 pts. =	
Missing teeth (except 3 rd molars) Missing teeth, congenital Spacing (4 or more, per arch) Spacing (Mx cent. diastema ≥ 2mm) Tooth transposition Skeletal asymmetry (nonsurgical tx) Addl. treatment complexities	$\begin{array}{c} x & 1 & \text{pts.} = \\ x & 2 & \text{pts.} = \\ x & 2 & \text{pts.} = \\ \hline & & 3 & \text{pts.} = \\ \hline & & 2 & \text{pts.} = \\ \hline & & & 2 & \text{pts.} = \\ \hline \end{array}$	

Identify:

Total

=



INSTRUCTIONS: Place score beside each deficient tooth and enter total score for each parameter in the white box. Mark extracted teeth with "X". Second molars should be in occlusion.

IBOI Pink & White Esthetic Score (Before Surgical Crown Lengthening)





1. Pink Esthetic Score





2. White Esthetic Score (for Micro-esthetics)





1. M & D Papillae	0	1	2
2. Keratinized Gingiva	0	1	2
3. Curvature of Gingival Margin	0	1	2
4. Level of Gingival Margin	0	1	2
5. Root Convexity (Torque)	0	1	2
6. Scar Formation	0	1	2
1. M & D Papilla	0	1	2
2. Keratinized Gingiva	0	1	2
3. Curvature of Gingival Margin	0	1	2
4. Level of Gingival Margin	0	1	2
5. Root Convexity (Torque)	0	1	2
6. Scar Formation	0	1	2

Total =

Total =

1

1

1. Midline 0 1 2 2. Incisor Curve 1 2 0 3. Axial Inclination (5°, 8°, 10°) 0 1 2 4. Contact Area (50%, 40%, 30%) 1 2 0 5. Tooth Proportion (1:0.8) 0 1 2 6. Tooth to Tooth Proportion 1 2 0 1. Midline (0) 2 1 2. Incisor Curve $\left(0 \right)$ 2 1 (0)2 3. Axial Inclination (5°, 8°, 10°) 1 4. Contact Area (50%, 40%, 30%) (0) 1 2 5. Tooth Proportion (1:0.8) 0(1)2 6. Tooth to Tooth Proportion (0) 1 2

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上課日期:

2021 6/8 \cdot 7/13 \cdot 8/24 \cdot 9/14 \cdot 10/19 \cdot 11/9 \cdot 12/14

2022 1/11 \ 2/15 \ 3/15 \ 4/12

- > 09:00~10:00 精選文獻分析
- > 10:00~10:30 精緻完工案例
- > 10:50~12:00 臨床技巧及常犯錯誤分享

全新的第十三年度 2021-22 貝多芬精修班,是由國際知名講師張慧男醫師主持,並偕同貝多芬牙醫 團隊住院醫師群共同主講。

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- 精緻完工 ABO 案例報告,其中因應數位矯正的世界趨勢,Insignia 與 Invisalign 病例為課程探 討的主要內容之一。
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