

Inman Instructions for Dentists

Diagnostics and Treatment Planning

Simple cases may complete more quickly. Complicated cases may take longer.

Stage 1

Full mouth X-rays.

Assess case suitability/compliance.

Take alginate impressions for arch evaluation to ensure treatment is suitable and crowding is less than 3.5mm.

For crowding of 4mm and above a separate expansion appliance may be needed.

High quality digital photography of the before situation, especially the occlusal view, is strongly recommended.

Stage 2

Take accurate upper and lower impressions, preferably 2 of each arch.

Record bite registration.

Complete lab document detailing aligner choice, amount of crowding calculated and teeth to be aligned.

Send to an Inman Aligner Certified Laboratory.

Stage 3

At the fitting appointment, carefully seat the aligner in the patient's mouth and ensure it is comfortable.

Sit the patient up and using a mirror, show the patient how to seat and remove the aligner.

Make sure the patient can do this before starting inter-proximal reduction.

If the lingual or labial bow is sliding up the tooth, a small composite anchor can be placed to help to retain it.

Stage 4

Start IPR and carefully record the amount performed. It is recommended not exceeding 0.125mm per contact on the first visit.

After polishing with lightning strips, allow the patient to use an in-surgery fluoride rinse.

Give oral hygiene and appliance hygiene instructions.

Stage 5

After 3-4 weeks check for any initial movement. Normally the opened contacts have closed and re-perform IPR, again ensuring careful records of the reduced amounts are kept.

Stage 6

After a further 3-4 weeks, recheck for more movement.

Again the contacts should have closed and there should be a more dramatic and visible change.

Perform more measures of IPR if necessary but care should be taken not to exceed 0.5mm per contact.

Stage 7

After 3-4 weeks recheck. If a small amount of movement is still required, adjust and decrease/increase spring forces as explained on page 22. If and once alignment is complete, cease using the aligner and retain full time for at least 1 month using an Essix/Hawley type retainer before indefinite night time only wear, or if occlusion is suitable consider placing a fixed ortho-wire retainer from canine to canine.

Stage 8

After a month, review and check occlusion. Take after digital photographs. Ensure retention regime is satisfactory.

Advise patient to store the Inman Aligner safely as it could be used again in the event of a relapse.