

Individual lingual orthodontics as a method of treating moderate to severe cases.

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In the last few decades aesthetic orthodontic appliances seem to be most wanted especially among adult patients. Aesthetic orthodontic treatment does not only mean tooth-toned labial appliances or aligners but also lingual brackets. Individual lingual appliances are one of the treatment options. Unfortunately even nowadays, when lingual orthodontics are more common, there is an urban legend told by patients and sometimes other doctors that lingual technique is not for everybody. **The aim of the study** is to present individual lingual orthodontics as a method of treatment in moderate to severe orthodontic cases. **Material and methods:** Research materials were obtained from orthodontic patients aged from 16 to 63 years who were undergoing treatment with individual lingual appliances. Patients have been diagnosed with moderate or severe cases including impacted teeth, ectopic teeth, class II and III malocclusions and cross bite. On the basis of patients' opinions and clinical observations the advantages and disadvantages of lingual techniques were examined and summarised and the efficiency of individual lingual appliances assessed. **Conclusions:** Individual orthodontic appliances can be an efficient method of treating not only light, but also moderate and severe cases.