

A Quick Hook for Molar Settling

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Abstract: Settling is the last step, before active treatment is discontinued to ensure that the teeth and related structures are positioned in such a way as will lead to a better stability of results, enhancement of esthetics, optimized functions of the stomatognathic system and improvement of the health of the periodontium. In order to achieve molar settling during settling phase, a Transpalatal arch used during the treatment phase can be modified for attachment of the crossbite elastic.

I. Introduction

In clinical practice, we usually encounter situations in which the first molar palatal cusp has to be settled, and might require cross elastics¹ in order to bring the molar into ideal occlusion. If a Transpalatal arch (TPA) was used during treatment, the lingual sheath has to be removed or the molar band has to be changed for attaching lingual button or lingual cleat.

II. Method

A simple method can be adopted to form a hook from an existing TPA (Fig-1) eliminating the need to remove the lingual sheath or the molar band.

1. Tie floss at the centre of TPA. The floss should be long enough to extend extra orally. It is tied as a precaution to retrieve it in case it slips to the throat.
2. Insert 1“length of Molar band material in between the TPA and palatal mucosa to prevent injury during cutting. (Fig-2)
3. Cut the TPA 4-5mm apical to the stub of the TPA using straight fissure TC bur and high vacuum suction. (Fig-2).
4. Remove the band material and follow the above steps on the other side too.
5. Take out the cut fragment of TPA.
6. The stub can now be used as a hook for engaging elastics(Fig-3)



Fig-1. Hook made from TPA for engaging elastics



Fig.2. TPA is cut intraorally. Band material is inserted beneath the TPA to protect the mucosa



Fig 3. Elastic attached

III. Advantages

1. No additional armamentarium required.
2. Less chair side time.

Reference:

- [1]. Alexander RG. 20 Principles of Alexander Discipline. 1st. Quintessence Publishing Co, Inc Hanover Park, IL; 2008:165.