

EFFECT OF ELAINERS ON PARADONT TISSUE

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Abstact: it is important to note that aligners represent a promising area of orthodontics. With aligners, which are entirely undetectable on the teeth and don't hurt the patient, modern orthodontics has created a pleasant way to address malocclusion. All of this encourages patients to cooperate and lessens their anxiety about receiving orthodontic treatment, which is becoming more and more popular each year. The suitability of employing detachable transparent aligner trays in place of permanent braces is investigated in this article.

Keywords: periodontitis, bracket systems, and orthodontic therapy.

Aim Of the research: The article's goal is to investigate if employing aligners is feasible.

Methods of study: A review and analysis of both domestic and international literature were carried out while working on the scientific publication.

Results of the research: Studying the characteristics of aligners, the phases of therapy, and the viability of replacing permanent bracket systems with detachable transparent aligner caps are the tasks at hand. A unique kind of plastic is employed in the manufacturing of aligners. The user applies precise but continuous pressure to their teeth while utilising the gadget. The teeth gradually follow a predetermined trajectory in the intended direction. The professional takes a precise imprint to construct the gadget. The surface of the final product is perfectly smooth. This allows the patient to make their own food choices without worrying about the structure being harmed. Aligners will be the best option for those whose jobs need them to interact with customers often. They carry out their duties covertly and without drawing undue notice. Another is not so much medical as psychological. Mature adults find it hard to adjust to anything. Braces are the least appropriate for them in this regard. In addition to uncomfortable feelings, they can create aesthetic pain, something aligners cannot do. Since they are unseen to others, they won't

induce complexes. The market for orthodontics is quite varied nowadays. Patients may effectively address dental misalignment if they want to do so. The Invisalign system is without a doubt the industry leader in this area. In 1998, experts from the United States created the first aligners. Since then, the invention has advanced steadily and to remarkable heights. Dr Hintz of Germany was granted a U.S. license in 1989 to manufacture so-called elastic dental equipment and to use a recently created silicone elastomer. Teeth could move up to four millimetres thanks to very elastic silicone rubber, which also created whole new application areas [3]. Millions of adults and children start orthodontic treatment each year. Statistics show that over 80% of those over 15 suffer from malocclusion in some capacity [1]. When deciding whether to have orthodontic treatment, the improvement of look is the deciding element. It should be mentioned, nonetheless, that the patient made inflated requests to keep their teeth as intact as feasible. In certain situations, the system of aligner trays for teeth straightening has emerged as an alternative to braces [2]. When using orthodontic braces, the patient must take extra precautions and follow personal hygiene guidelines with diligence and conscientiousness. The availability of orthodontic devices that do not substantially alter the degree of cleanliness is crucial since patients, especially children and teenagers, often disregard their doctors' advice. The following phases are included in aligner-based orthodontic therapy [4]:

1. Clinical and other diagnostic techniques for diagnosis and treatment planning.
2. Taking imprints and producing virtual or functional gypsum models for 3D printing. capturing imprints, creating functional gypsum models, or creating virtual imprints for 3D printing.
3. Getting a virtual setup model and developing a treatment strategy that visualises the desired result. educating the patient about the treatment plan and getting their consent.
4. Making the patient a personalised pair of mouthguards.
5. The clinical phases of patient care. This makes it possible to emphasise some of the benefits of aligners over other orthodontic methods [4, 5, 6, 7]:

1. Aligners are more aesthetically beautiful than traditional vestibular bracket systems, and patients find them to be considerably more comfortable.

2. Individual hygiene routines are not hampered by aligners, nor do they significantly affect oral hygiene. The degree of oral hygiene and the practice of personal hygiene are not substantially impacted by aligners.

3. The doctor may demonstrate the patient every step of the orthodontic treatment plan and how it will turn out. The patient gets the chance to see all of the planned orthodontic treatment phases and the results.

4. Because the patient does not alter their regular eating routine while undergoing aligner therapy, they are able to limit their consumption of different goods.

5. The mouth cavity's mucous membrane is not harmed during aligner-assisted orthodontic therapy. 6. Because aligners are composed of bioinert medical plastic, they are safe and the preferred orthodontic treatment option for patients with a complex allergy history, especially those who have nickel allergies, which are on the rise. This approach is sometimes the sole practical choice for treating orthodontic abnormalities in individuals with nickel allergy since it has been shown to be safe in several articles written by international authors.

Conclusions In conclusion, it is important to remember that aligners are clear dental trays that mimic the shape of the teeth and help them gradually shift into the proper position. The teeth move gradually in accordance with the recommended treatment plan because of the pressure exerted by the cap with fixed internal activators. Minor crowding of teeth may also be treated using aligners. Because they are composed of thin, translucent bioplastic, aligners are undetectable to others. Among the primary benefits are: -convenient hygiene; excellent treatment prediction accuracy due to computer technology. -The patient does not experience any pain; -Aligners may be taken out when eating and cleaning their teeth; -they have no effect on diction. All of the information presented above suggests that aligners are a good substitute for braces.

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