OBP (Optimized Biomechanical Protocol) - Myths and truths about self-ligating brackets in orthodontics. Clinical Tips

Dainesi EA[1,2], Kawauchi MY[1,2]

[1]Eduardo Dainesi Institute - Dentistry Post-Graduation School, Bauru, Brazil

[2]Universidade Estadual do Norte do Paraná, Jacarezinho, Brazil

Abstract

Self-ligating brackets have been gaining popularity over the past several decades. Orthodontic literature shows that lower friction between the bracket slot and an arch-wire is one of the best benefits of this system. It is partially true since the friction reduction does not depend only on the bracket and wire connection system. To reduce frictional forces It is necessary to use thermodynamic wires, especially those with ionic surface treatment. Reduced friction during orthodontic treatment in performing induced tooth movement means that more biologically compatible forces may be applied. That means working with lower force levels, allowing better control of the mechanics, especially anchorage, and reducing the probability of biological cost as root resorptions. The Optimized Biomechanical Protocol (OBP) has the following purposes: reducing clinical working time (by using self-ligating brackets to allow a fast working time); Reduction of the orthodontic biological cost; biomechanical comfort during the treatment, and largest time for the detailing and refinement of the occlusion (through the application of a logical sequence of thermodynamic arch-wires and strategically positioned stops). All of these to get in patient's satisfaction and well-being as a big goal. Thus, this presentation presents some clinical tips to show the simplicity of the OBP

References

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Eduardo Alvares Dainesi completed his Ph.D. in orthodontics at the age of 34 years, in 1998 at the University of São Paulo - Brazil (USP – Bauru), and his Postdoctoral degree in orthodontics at the same University in 2001. Since then, he has coordinated postgraduate courses such as specialization and master's degree in orthodontics, in addition to working in private practice. Currently, he serves as scientific director at Eduardo Dainesi Institute – Dentistry Post-Graduation School, Bauru (São Paulo - Brazil), as Professor at the Universidade Estadual do Norte do Paraná (Jacarezinho - Brazil), and as a Visiting Researcher Professor at the University of São Paulo – USP Bauru - Brazil.

Email: institutoeduardodainesi@gmail.com

Notes/Comments:

Presenting author details

Full name: Eduardo Alvares Dainesi
Contact number: +55 14 981122115
Twitter account: -
Linked In account: eduardo-alvares-dainesi-3a870447
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