

Periodontally Accelerated Osteogenic Orthodontics (PAOO) vs Osteoperforations (A Review on Periodontal Reactions to Orthodontic Tooth Movement)

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Abstract

A high number of adult patients are undertaking orthodontic treatment now because of the newer methods, technology, and innovations available in the market. Orthodontic profession is continually looking for new ways to perform treatment effectively for such patients, as there are many differences in the biology, motivation, and treatment objectives between adults and children. Aligner therapy and mini-implants are some of the ways of managing orthodontic treatment for adult patients. Treatment time is a concern for adult patients and methods to accelerate the orthodontic tooth movement have been a focus in the orthodontic field. Periodontal accelerated osteogenic orthodontics (PAOO) is a surgical procedure that is performed with a combination of alveolar corticotomy, bone grafting, followed by orthodontic treatment. This procedure uses the principle of regional acceleratory phenomenon (RAP).

Another procedure commonly used for accelerated orthodontic tooth movement is osteoperforations. This is a minimally invasive procedure, which does not include a flap surgery.

The purpose of this article is to describe the differences between adult and children periodontal tissues, the use of different appliances for adult treatment, how orthodontic treatment has been modified for adult patients, and the detailed explanation of procedures for accelerating orthodontic tooth movement such as PAOO and osteoperforations and the potential complications

Keywords: Periodontics, orthodontics, Periodontal accelerated osteogenic orthodontics, adults.

1. Introduction

There has been an upsurge in the number of adult patients undertaking orthodontic treatment.¹ multiple differences have been identified in the biology of alveolar bone, periodontal tissues, and gingival health between adult and adolescent patients. The motivations for adult patients are different from that of children. The objectives of the treatment also have to be adjusted accordingly. Mainly the adults' patients are concerned about the facial and dental aesthetics, the color of orthodontic appliances, and the time of orthodontic treatment. Frequently, adults have missing teeth and therefore the treatment planning needs to include other specialties. Adults do not grow at the same rate as children and therefore is not an importance consideration while planning treatment.² at the same time, there is a higher amount of hyalinization that can occur due to orthodontic treatment in adult patients. When orthodontic force is applied, many cellular and vascular changes take place in the surrounding periodontal structures. In adults, the cell mobilization and conversion of collagen fibers is slower than in children. In adults, there is a higher chance of periodontal complications in adult patients.^{3,4,5}

2. Materials and methods

An extensive literature search was done for the assessment of studies investigating the differences between biology, objectives, and treatment for children and adult patients.

The studies evaluating the new techniques such as aligner therapy, mini-implants, and acceleration of tooth movement were searched. Following these studies, the considerations for adult orthodontic treatment were compiled.

3. Results

Considerations in adult orthodontic treatment

Orthodontic treatment for adult patients is different as compared to children. For these reasons, in adult treatment the use of aligners which are esthetic, mini-implants, using light forces, and innovative design for reducing orthodontic treatment time is required.⁶ Aligners are made of thermoplastic material and therefore are clear and an attractive esthetic option for most adult patients. Initially, aligners were used for limited orthodontic treatment. But nowadays, results have shown that aligners can be used to undertake complex orthodontic tooth movement as well.⁷ Mini-implants can be used for the correction of complex malocclusion for orthodontic patients. Mini-implants can be used in adult patients for distalization procedures.⁸ There are some applications with mini-implants in adults with open bite. In such cases, mini-implants can be used for posterior intrusion and result in correction of openbite especially in adult patients.⁹ In some cases, mini-implants can be used for the correction of transverse discrepancies such as posterior crossbite with mini-implants supported rapid palatal expansion (MARPE) appliance. In adult patients, MARPE appliances give more skeletal expansion than dental expansion as the midpalatal suture is fused.¹⁰ Expansion appliances used in children cannot be used in adults because of the differences in suture maturation.¹¹ MARPE appliances have high success rates, high stability and are found to be safe on Temporomandibular Joint.¹² MARPE appliances can be designed in different ways depending on the type of malocclusion.

MARPE appliance uses palatal mini implants which have shown high success rates compared to buccal mini implants.¹³ It can also be designed with mini-implants on only one side of the mid-palatal suture so that the expansion takes place on only one side.¹⁴ This kind of innovative biomechanical designs can help in decreasing the duration of orthodontic treatment.¹⁴ Mini-implants can also be used for correction of protrusive teeth in adult patients by maximum retraction of anterior teeth.¹⁵ For class III patients, mini-implants can be used to move the maxilla forward and counterclockwise rotation of mandible by intermaxillary elastics on maxillary and mandibular mini-implants.¹⁶ The development of surgical procedures for acceleration of orthodontic treatment has provided new solutions for the limitations of orthodontic treatment in adults. Some of prominent methods are the periodontally accelerated osteogenic orthodontics (PAOO) and osteoperforations. The aim of this article is to present comprehensive review of the literature, including the historical background, contemporary clinical techniques, indications, contraindications, complications and side effects.

4. Discussion

Periodontal accelerated osteogenic orthodontics (PAOO)

With PAOO, there is an increase in the net alveolar volume once the orthodontic treatment is completed. This technique utilizes a combination of selective decortications and alveolar augmentations.¹⁷ There are multiple advantages with this technique such as a decrease in the treatment duration, increased in the maxillary expansion, conducting differential tooth movement leading to higher desired tooth movement and lower undesired tooth movement, faster and predictable movement for impactions, and finally higher stability after orthodontic treatment.¹⁸ The PAOO technique enables the orthodontist to move the teeth in situations with low preexisting alveolar volume. It also increases the extent of movement that can be achieved safely by 2 to 3 times and reduce the time with orthodontic treatment.¹⁹

In PAOO technique, surgical scarring of the cortical bone is performed on the labial-aspects and the lingual-aspects of teeth.²⁰ This is followed by grating of the alveolar bone. The procedure is performed on the teeth that need to be moved more extensively for the purpose of orthodontic treatment. The teeth that do not required movement are not included in the procedure. For example, in a patient with extractions of four first premolars, if the treatment objective is to retract the maxillary incisors to the full extent possible and reduce the amount of anchorage loss of maxillary molars, the procedure is performed only for the anterior teeth. However, if the objective is to protract mandibular second molar in the missing mandibular first molar space, then the PAOO technique will be performed for the mandibular second molar and not on the anteriors. In this way, selective and differential tooth movement can be achieved for the desired objectives. After the PAOO technique is performed, the patient is recalled after 2 weeks to identify the tooth movement and perform the necessary changes with more frequent orthodontic adjustments. The rapid tooth movement that occurs with PAOO is difference than that with normal tooth movement. It has been reported that a localized osteoporosis like condition occurs after PAOO as a healing process.²¹ This occurs due to a regional accelerator phenomenon (RAP) which was first described by Robert Frost.²² RAP occurs after a normal injury to tissues such as fracture, or it can be induced due to surgical procedures such as osteotomy, bone-grafting, or osteoperforations.^{22,23}

Osteoperforations

A less invasive manner of inducing RAP is to do minimally invasive surgery like osteoperforations. Osteoperforations are performed by penetrating the mucosa and alveolar bone in the region of interest.²⁴ This method is performed adjacent to the teeth where increased rate of tooth movement is desired. It is not performed on the teeth where minimal orthodontic tooth movement is desired to allow the utilization of the differential tooth movement process. This can be done by perforating the gingiva and bone at three locations around the teeth to be moved.

When osteoperforations are performed, it is found that the alveolar bone volume decreases.²⁵ This results due to increase in the number of osteoclasts. Because of the increased osteoclasts, there is increased rate of resorption of bone.²⁵ The inflammatory process after osteoperforations last for a period of 2-3 months.²⁶ This is the period when there is a higher rate of bone resorption. The rate of bone resorption is important in modulating the increase or decrease in the rate of tooth movement.²⁷ The effects of osteoperforations can be extended for a longer duration if the osteoperforations are made again after a period to increase the inflammatory response. The downside of accelerating tooth movement with these methods is the root resorption that accompanies the tooth movement.²⁸ This has been a concern for most clinicians since a long time with the osteoperforation procedures and its utility in clinical practice. A recent study has found a solution to this problem. It has been shown that when the osteoperforations are performed 5 mm farther to the molar tooth, then the root resorption is reduced significantly.²⁹ With osteoperforations farther from the molars, there is still a significant acceleration of the tooth movement.²⁹

Complications and Side effects

PAOO is a surgical procedure and therefore there have been reports of adverse effects to the periodontium after the procedure. The patients may present with no symptoms to interdental bone loss, reduced attached gingiva, periodontal defects specially if there is short interdental distance before the surgery.^{18, 30-32} With corticotomies, there have been reported incidences of hematomas developing subcutaneously in the head and neck region.^{33, 34} There is also post-operative swelling and pain after such a procedure.³⁵⁻³⁹ On the other hand, osteoperforations are a minimally invasive procedure. It does not require to raise a surgical flap like in PAOO. This leads to less complication rate than PAOO.

5. Conclusion

Adult orthodontic treatment is different than children. The techniques of aligner therapy and mini-implants have opened a lot of new treatment options and appliance designs for orthodontists. Acceleration of orthodontic tooth movement can be achieved in different ways. PAOO technique is one such option that helps in rapid alignment of teeth and decreased the treatment duration. With a combination of periodontal surgery and orthodontic treatment, the esthetics of patients can be affected positively to as a significantly degree. The downside of PAOO is the surgical complications and the associated cost. Osteoperforations can be performed as a less invasive method for acceleration of tooth movement when indicated.

6. References

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