



CFAO GRADUATE STUDENT POSTERBOARD ABSTRACTS

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Patient Experiences with the Xbow Appliance compared to the Forsus Fatigue Resistant Device: *A randomized clinical trial*

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Objectives: To examine adolescent patients' experience with the Xbow appliance and compare it with that of the Forsus Fatigue Resistant Device (FFRD) inserted over an archwire using a questionnaire. Also to examine if patients' experience changes over time.

Methods: Paper questionnaires were administered to 48 adolescent patients with mild-moderate Class II malocclusion randomly allocated into 2 treatment groups: Xbow and FFRD. Patients were instructed to complete the questionnaires at 1 week after insertion of the appliance, and 2 months after insertion of the appliance. Amount of time required to become accustomed to the appliance, side effects experienced, breakage occurrence, as well as the degree of discomfort were explored.

Results: The overall experience with the appliance was similar between the Xbow group and the FFRD group. The majority of the FFRD group felt that insertion of the appliance was quick and easy, compared to the Xbow group which tended to disagree with that statement. The Xbow group reported the appliance was noticeable, and also some difficulty to open wide/yawn compared the FFRD group. The majority of patients were accustomed to the appliances within 2 months, with the reported mean time to "get used to" the Xbow being 3.95 weeks, and 2.25 weeks for the FFRD. Within the first 2 months, 50% of Xbow patients and 31.57% of FFRD patients reported experiencing a breakage that required an additional appointment. There was no difference in questionnaire responses after 1 week or 2 months.

Conclusions: The Xbow and the FFRD are similar in terms of additional appointments and overall patient experiences. Any differences are likely due to the fact that the FFRD is inserted after patients have already become accustomed to full fixed braces. Patients' experiences do not change significantly between 1 week and 2 months.