



CFAO GRADUATE STUDENT POSTERBOARD ABSTRACTS

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Patient Experience with Invisalign Teen with Mandibular Advancement[®] compared to Twin Block Appliance

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Purpose: Describe the similarities and differences in various aspects of the patient experience while being treated with the Invisalign Teen with Mandibular Advancement[®] (ITMA) and the Twin Block appliance (TB).

Methods: Fifty-two patients completed an anonymous survey approved by the Health Research Ethics Board after at least 2 months of appliance wear. The survey asked respondents to reflect on their first impressions, initial side effects, management, discomfort, function and social impacts of their specific appliance. Thirty-six patients treated with ITMA (13 males, 23 females, mean age 13.62 years, SD \pm 1.54) and sixteen patients treated with TB (9 males, 7 females, mean age 10.56 years SD \pm 1.99) were included in the study to date.

Results: More TB patients reported difficulty keeping the appliance clean both when they received it initially (37.50%) and after at least 2 months wear (35.71%, $p < .05$). The majority of TB patients reported having no tooth soreness after at least 2 months wear (85.71%) compared to the ITMA group (50%, $p < .05$). TB patients had an improvement in their sleep after at least 2 months (21.43%) while the majority of ITMA patients reported no change in their sleep (88.57%, $p < .05$). More breakages and/or fit issues requiring additional appointments were needed by TB patients (53.33%) compared to ITMA patients (16.67%, $p < .05$).

Conclusion: TB and ITMA patients shared similar experiences for the majority of the parameters measured but there were significant differences between the groups in relation to appliance management, discomfort and function.