

Orthodontics With Aligners, The Reverse Of The Medal!

Authors : Ould Ali RL, Bensadok S, Mrabet S, Beghdadi C, Ahmed Fouatih N

Abstract : Introduction: In recent years, aligner therapies have invaded the orthodontic market due to aggressive marketing strategies adopted by the industry. However, while the thermoformed materials used in this type of treatment promise to be aesthetically higher than conventional treatments, their systemic effects remain largely uncertain. Matériel et method: A manual research was carried out in March 2024 in the database (Pubmed) and in the international journal of orthodontics and dentofacial orthopaedics (Angle orthodontist) using the following keywords: 'cytotoxicity', 'aligners' and 'orthodontic'. Résultats : Among the articles and studies consulted, 7 were selected, including 4 systematic reviews and 3 in-vitro studies. All of them focused mainly on the biological effects of orthodontic aligners, and one of them looked at the impact of adding nanoparticulate Chitosan to thermoformed materials. Conclusion: The data reported in the current literature is controversial, but the general consensus is that further research is needed in this area, particularly because of the possible implications for the fertility of young patients.

Keywords : orthodontics, aligners, cytotoxicity, young patients

Conference Title : ICDOH 2025 : International Conference on Dentistry and Oral Health

Conference Location : Barcelona, Spain

Conference Dates : December 16-17, 2025