



I couldn't do without...

Guy Deeming's top picks

Specialist orthodontist Guy Deeming picks out his favourite pieces of equipment

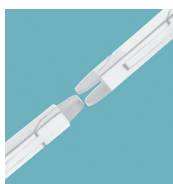
1. Hi-Q aesthetic archwires

Finally an aesthetic archwire that performs, looks good and remains so between appointments. These have a very thin rhodium coating, which seems to have no appreciable effect on the performance of the good quality thermal nickel-titanium wire underneath (the range is not huge but covers the basic nickel titanium and stainless wire sizes). They look particularly good with the In-ovation C bracket, as the bracket clip is also rhodium coated. Not perfect, but huge leap for predictable aesthetic archwire performance and looks.



2. Masel 623/624 torquing key set

Placing individual torquing bends is pretty common during the finishing stages of treatment. These pliers are an absolute gift for this procedure as they are beautifully engineered with minimal tolerance between the male and female components meaning bends take up less space on the wire and are neat and quick to place with reduced risk of errors and distortions to arch form. A definite step up from the torquing key and plier (UK distributors, TOC Dental).



3. Lingual easy-threading eyelets

Ormco's Flat Direct Bond Pads (300-0091) are a great attachment, very low profile with a lumen that can accommodate a 0.016" round wire. I use these in two main situations during alignment - derotating and engaging excluded teeth (especially palatal or lingual). In the former situation they work beautifully as you can tuck them deep into the rotation where a conventional bracket or attachment is just too thick. This helps achieve maximum activation on the aligning wire and rapid derotation without recourse to messy elastomerics and multiple attachments. For excluded teeth they are advantageous, again because the low profile allows you to bond teeth without occlusal interference and align progressively either directly onto the archwire, or with a long ligature to the archwire if that is not possible.



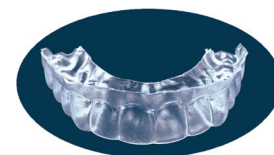
4. Dropbox

I suspect most people now have multiple electronic devices across home, work and everywhere in between. The problem then is ensuring the document you want to edit is on the machine you are working on. Dropbox is a great way of synchronising between devices so that wherever you are you can access and edit your documents and photos (initial storage is free and additional space is relatively cheap). I have taken to using an iPad (with the Dropbox app) at the clinic to access files and photos, especially for showing patients treated cases - so much more elegant than huddling round a laptop.



5. Essix C+

Mainly through ignorance I had until recently only used Essix ACE material. I was increasingly frustrated by breakages and watching patients struggle when they were too loose or too tight. This is despite varying both the laboratory and technique for manufacturer. Switching to the Essix C+ material has completely transformed this. Given, the C+ material is not quite as translucent as Ace, but as our patients only wear them full-time for three weeks there have been no complaints. The main advantage is that the retainers fit so much better and due to being that bit more flexible are much easier to insert especially when there are undercuts.



6. Acteon Satelec ultrasonic scaler

I am now based in a large general practice where we have an orthodontic clinic. When we started, for the first time in my orthodontic career, I had an integral ultrasonic scaler at chairside. There is now barely a day that goes by where this does not get used in one of the following situations: immediately prior to bonding molar tubes or bonded lingual retainers (when we also sandblast), and especially for adult patients with self-ligating or lingual appliances where it quickly frees up sticky bracket clips and blocked slots. Hygienists are great but there is no substitute for having the kit right there when you need it — a genuine time and cost saver (Satelec attachments pictured).



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FACTFILE:

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| 1 & 2. TOC Dental | www.tocdental.com |
| 3. Ormco | www.ormco.com |
| 4. Dropbox | www.dropbox.com |
| 5. Ortho Care | www.orthocare.co.uk |
| 6. Acteon | www.acteongroup-products.com |