BÖLÜM 8

Erişkin Ortodontisi ve Estetik Yaklaşımlar

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GİRİŞ

Günümüzde internet ve sosyal medyaya erişimin oldukça kolaylaşmasının etkisiyle, yetişkin hastaların ortodontik tedaviye olan ilgisi üst seviyeye ulaşmıştır. Erişkin hastaların ortodontik tedavi esnasındaki estetik beklentileri, diğer hasta gruplarından oldukça fazladır ve bu nedenle ortodontistin tedavi metodu seçiminde oldukça belirleyici bir faktördür. Ortodontik tedavi sırasında geleneksel metal braketlere göre daha estetik bir görünüm sunan şeffaf plak tedavileri, lingual ortodonti ve estetik braket seçenekleri, erişkin hasta grubu için önemli tedavi alternatifleridir. Bunun yanında, erişkin popülasyondaki ortodontik tedavi, sadece dişlerin düzgün seviyelenmesi ve hizalanmasını değil; estetik, fonksiyonel, periodontal ve protetik gereksinimlerin bütünlük içinde ele alınmasını gerektiren kompleks bir süreçtir. Büyümenin sona ermiş olması, sınırlı biyolojik cevap, estetik kaygılar ve restoratif beklentiler gibi faktörler, erişkin ortodontisinin çocuk ve genç bireylerden önemli ölçüde farklılaşmasına neden olur. Erişkin hastalarda tedavinin başarısı için bireyselleştirilmiş planlama, multidisipliner yaklaşım ve hasta ile etkili iletişim vazgeçilmezdir. Bu bölümde erişkin hastaların ortodontik tedavisindeki farklılıklar ve dikkat edilmesi gereken noktalar ele alınacaktır.

8.1 Erişkinlerde Ortodontik Tedavinin Özellikleri

Günümüzde sosyal medyanın efektif kullanımı ve etkisinin yükselmesi ile erişkin hastaların ortodontik tedaviye olan ilgisi ve isteğinde artış yaşanmaktadır. Erişkin popülasyondaki estetik beklenti, ortodontik tedavi tercihinde oldukça belirleyici bir unsur haline gelmiştir. Metal braketlerin estetik yetersizliği, erişkin hastaların ortodontik tedaviye

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- Erişkin hastaların yüksek estetik beklentilerini karşılamak üzere estetik braket sistemleri, lingual ortodontik tedavi ve şeffaf plaklarla ortodontik tedavi gibi birçok alternatif bulunmaktadır.
- Plastik ve seramik braketlerin çeşitli geliştirmelerle dayanıklılık, sürtünme ve mukavemet gibi özellikleri güçlendirilmiş olsa da geleneksel paslanmaz çelik braketlere yakın bir klinik performans sunan estetik braketler üretilmesi için daha fazla çalışmaya ihtiyaç duyulmaktadır.
- Lingual sistemlerin görünmez olmalarından dolayı estetik avantajları olsa da hasta konforu, ağız hijyeninin sağlanmasının zorluğu, ortodontist için uygulama zorluğu ve artmış hasta başı süresi gibi bazı temel dezavantajları ön plana çıkmaktadır.
- Şeffaf plak tedavileri, estetik görüntüsü, konforu, rahatlığı gibi faktörlerden dolayı günümüzde erişkin hastalar tarafından büyük ilgi görmektedir.
- Erişkin hastalarda şeffaf plaklarla başarılı bir tedavi için doğru tedavi planlaması, iyi hasta kooperasyonu, biyomekanik unsurlar, hekim deneyimi ve maloklüzyonun şiddeti gibi temel faktörler ele alınmalı ve şeffaf plak sistemlerinin limitasyonları iyi anlaşılmalıdır.
- Tedavi bitiminden sonraki retansiyon aşaması, erişkinlerde daha önemli hale gelir. Yaşla birlikte dokuların yeniden yapılanma kapasitesinin azalması, relaps riskini artırabilir.
- Erişkin hastalarda ortodontik tedavi, genç hastalardan daha farklı ve bütüncül bir yaklaşımla ele alınmalıdır. Başarılı bir ortodontik sonuç için tedavi planlaması sırasında, tedavi süresince ve tedaviden sonra, erişkin hastalardaki azalmış hücresel aktivite, büyüme ve gelişimin tamamlanmış olması, olası periodontal yıkım, restoratif gereklilikler ve estetik beklentiler gibi faktörlerin itinayla değerlendirilmesi gerekmektedir.

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