



SPRING 2023

Quarterly  
**Newsletter**

Provided by:

**STRICKLAND**  
**ORTHODONTICS**

---

improving life, one **SMILE** at a time

Quarterly

# Newsletter



Provided by: Strickland Orthodontics

Spring 2023

## Dear Baldwin County Dental Offices:

Here at Strickland Orthodontics, we have decided to start doing a newsletter for our local dentists! We want to keep y'all up to date with any big news involving our practice and send over a couple of our most exciting finished cases. We also wanted to use this opportunity to summarize a few relevant articles to help us all care for our patients in a more evidence-based way! We hope that you all enjoy this, and we look forward to serving the Eastern Shore community alongside you. We have included Dr. Stephen and Dr. Maggie's cell phone numbers at the bottom of the page. Please reach out to them directly with any concerns, questions, or to have treatment planning conversations.

## Table of Contents:

**Topic: Aligners**

**Patient Examples**

**Case Studies**

**Spotlight:  
In-House Lab**

**Doctor's Corner**

## Dr. Stephen Strickland

Diplomate, American Board of Orthodontics



CELL: 251-391-7568

## Dr. H. Len Strickland



## Dr. Maggie Grissom

Diplomate, American Board of Orthodontics



CELL: 256-343-6604



## ALIGNER TREATMENT

This quarter we wanted to focus on orthodontic treatment with aligners. Strickland Orthodontics has been an Invisalign provider for over 20 years! I am sure most of you are familiar with Invisalign and the advantages it offers for patients. Aligners are a very esthetic, comfortable option with no dietary restrictions, the ability to take the aligners out for special occasions, and increased efficiency! We typically see a 30-40% reduction in treatment time with aligners.



The main aligner fabrication companies are very well known now-a-days, so we wanted to take this opportunity to highlight our in-house lab. We have a full time lab-technician that fabricates all of our thermoplastic retainers and in-house aligners off of 3D printed models.

Invisalign is still a large part of our practice; however, for mild crowding cases, we feel that it is a great service to the patient to be able to offer aligner treatment in a more affordable way. Typically our in-house aligner cases are those that are treatment planned to take less than a year to complete. We have chosen some of our in-house aligner cases to show you the types of malocclusions we feel like are best for this treatment modality.





## Spotlight: In-house Lab



**1**  
An intraoral scan is taken first. The aligner plan is then fabricated and approved by the doctor. Our 3D SprintRay Printer is pictured here!



**2**  
Resin is poured and the printer is ready to go!



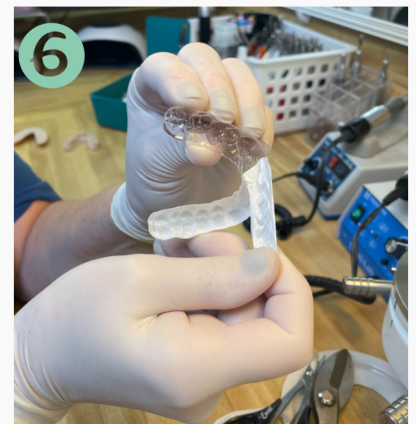
**3**  
Models for retainer and aligner fabrication are printed, washed/rinsed in IPA, rinsed with water, and are placed here to dry.



**4**  
Models are cured for ~15 minutes.



**5**  
Undercuts are blocked out and the Biostar is used to vacuum-form the thermoplastic material onto the model.



**6**  
Aligners and retainers are cut off the model, trimmed, buffed/polished, and then the protective peel is removed. The peel stays on until the very end so that the aligner and retainer material stay very clear and clean without any imperfections.



This is the packaging we use to give our patients their aligners and retainers. They always get their 3D printed resin models to have in case of any replacement needs!



Keep an eye on our social media accounts for more behind-the-scenes photos and videos!

Not pictured: iTero scanner and ULAB aligner software



## Literature - Direct to Consumer Research

1

## Direct-to-Consumer Orthodontics: Surveying the User Experience

Anna Wexler, PhD; Ashwini Nagappan, MBE;  
Andrew Beswerchij, BS; Rebekah Chio, MPH

A survey was designed to assess individuals experience with at-home aligners using direct to consumer products such as Smile Direct Club. 470 people participated. "Though the majority (87.5%) of respondents were satisfied with treatment, 6.6% had to visit their dentist due to the severity of side effects. Though many respondents would have preferred traditional treatment from a dentist or orthodontist, they opted for DTC aligners because of cost and convenience."

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7391059/>

At Strickland Orthodontics, we feel that by not always having to use an aligner fabrication company like Invisalign we can keep the cost of aligner treatment down. Providing our in-house aligner option to patients with minor orthodontic problems helps us to alleviate the financial burden that cause many patients to seek DTC care.

2

## American Association of Orthodontists Discusses Patient Health and Safety Information Regarding Direct-to-Consumer Orthodontics

"The AAO believes it is in the best interest of patients to have orthodontic treatment conducted under the direct and ongoing, in-person supervision of a licensed orthodontist. Orthodontic treatment involves the movement of biological material, which could lead to potentially irreversible and expensive damage such as tooth and gum loss, changed bites, and other issues if not done correctly."

<https://www.prnewswire.com/news-releases/american-association-of-orthodontists-discusses-patient-health-and-safety-information-regarding-direct-to-consumer-orthodontics-300878975.html>

## Invisalign Case Reviews

Open bite with black triangle



Lower incisor extraction



## Invisalign Case Reviews cont.

Spacing and Class II correction



Open bite, lower crowding



Here are a few examples of cases we have recently completed with Invisalign. Dr. Stephen Strickland has a master certification with Invisalign and has completed hundreds of hours in continuing education courses. This has provided us an opportunity to gain knowledge and experience in treating both simple and complex cases with the available technology. Fortunately for our patients, we are able to treat 95%+ of our cases with Invisalign if that is the preferred treatment modality. We believe it is an incredible option for our patients who are looking for something less intrusive than traditional braces. We are incredibly proud to be the leading Invisalign provider in Baldwin County!

Spacing



Crossbite (#6)





## Doctor's Corner

2023 has been great but busy so far! I attended the Women in Orthodontics Meeting in Pheonix, Arizona and the Houston Orthodontic Alumni Association Meeting earlier this year. I always enjoy learning at these meetings. I learn not only from the speakers but also from my peers that often have creative ways to overcome challenges in the office that have worked for them!

Growing up, my family would often discuss our "rose" and "thorn" from the day at the dinner table. Rose being the best part of our day and thorn being the not so great part of our day. This year so far, a cooking class with Wildflowers & Fresh Food is my rose and my March Madness Tournament winner (Purdue) losing in the first round was my thorn. All in all, a great start to the year and still can't believe we all get to live and practice in such a beautiful part of the country! Hope this Spring is good to you all and that your March Madness bracket turned out better than mine!

## Dr. Maggie Grissom

Diplomate, American Board of Orthodontics



## My Quarterly Reads

The Measure

By: Nikki Erlickr

The Tipping Point

By: Malcom Gladwell

The Common Rule

By: Justin Whitmel Earley

## Strickland Happenings



### Now Offering!

We are excited to offer ZOOM Whitening to our patients post-ortho! While there are a few restrictions on eligibility, most of our adult patients will be eligible!



Meet Amanda (right) and Megan (left), our lab team! Amanda is our full time lab technician and Megan helps out when she gets time away from her assisting responsibilities in the clinic. They make all of our thermoplastic retainers and package them with the 3D printed resin models so that each patient has them for any future retainer replacement needs! In addition, they are responsible for all of the In-House aligner cases after the plan has been approved by the doctor. They make a fantastic team, and we are so lucky to have the ability to provide our patients with quality aligner treatment and retainers made in our lab!

H Len Strickland DDS

Maggie Grissom DMD MSD

Diplomate, American Board of Orthodontics

Stephen Strickland DMD MS

Diplomate, American Board of Orthodontics

Fairhope: 7489 Parker Road | 251.928.9292

Fairhope South: 19059 South Greeno Road | 251.928.9292

Spanish Fort: 9816 Millwood Circle | 251.272.3232

Bay Minette: 1901 Hand Ave. | Foley: 815 North Alston St.

Email: [Smile@StricklandOrthodontics.com](mailto:Smile@StricklandOrthodontics.com) | Text: 251.272.3232

improving life, one SMILE at a time