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### **3D digital orthodontics: The most advanced method for straightening teeth**

Straightening teeth with the 3D digital method today represents the greatest advancement in the orthodontics field and at the same time the future of modern Orthodontics. In many cases, it has succeeded in replacing the traditional orthodontics (braces), more precisely because of aesthetics, comfort and speed in solving the problem. The aim is to get to know and understand better digital orthodontics through concrete results based on the clinical cases and the benefits that patients have from it. Do not prejudice this method just because we personally may not have the proper training for its use and application. The study was conducted on the results achieved, in 143 patients who have chosen this 3D digital method for straightening their teeth over a period of three years. In 90% of our patients the great results was achieved in the first phase of treatment while 10% of them may have needed a limited extra number of transparent aligners to reach the wanted result. Success in this method, like any other orthodontic treatment, requires close co-operation between doctor and patient. Where this collaboration was good, we managed to achieve the wanted result at the end of the treatment for each patient. Also we had healthy periodontal condition, lack of inflammation of the gums, lack of new cervical lesions, lack of caries during the treatment period, all these because of removable aligners and the ease to keep hygiene, giving the patient the opportunity to remove them during meals and an excellent opportunity to keep hygiene.

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