

## Abstract:

The drive to reduce the time to complete a course of orthodontics has intensified in recent years with a range of surgical and non-surgical techniques in common usage. But how long should a course of orthodontics really take? What are the benefits of shorter treatment? How can we speed things up without biological risk? These questions will be explored with an emphasis on treatment planning, sequence and mechanics.

## Main points:

- Both surgical and non-surgical adjuncts have been proposed to accelerate tooth movement. At this stage there remains limited evidence that these result in a decrease in the overall length of treatment.
- There are costs attached both to surgical and non-surgical adjuncts. Moreover, there is evidence that patients are apprehensive in relation to adjunctive surgery.
- There is agreement that adults are often keen that treatment durations are kept to a minimum with 12 months appearing to be a psychological threshold.
- A recent systematic review restricted to prospective research has suggested that treatment typically takes 20 months.
- There are a range of non-commercial and unheralded techniques which may be utilized to reduce treatment times to a level that may be more attractive to prospective adult patients. These approaches will be presented in this lecture.