



times for the last year, 16.8% of students had 3 and more times visits, 14.6% of respondents didn't visit the dentist. The most common reasons for visiting the dentist became check-up and professional hygiene. However, 39.6% of students had problems with their gums and teeth. On the question "How many times a day do you brush your teeth?" mostly answered "2 times a day". But 35.5% of respondents brush their teeth irregularly. 52.1% of students use a toothbrush with toothpaste and dental floss. Some students use a tooth powder, toothpicks, irrigator and oral rinse. A lot of students (53.6%) often suffer from bleeding gums while brushing teeth. We also analyzed the diet of students. It was found that 95.8% of students eat high-carbohydrate food every day or often. Due to this, they usually complained of increased sensitivity and toothache. Bad habits such as smoking and alcohol also affect the health of the oral cavity. 22.9% and 60.5% of students smoking and drink alcohol regularly respectively. In addition, the presence of general somatic pathology affects the health status of the oral cavity. 12.5% of students suffer from gastrointestinal and endocrine diseases.

According to the results of our survey, we found the most important risk factors – malnutrition (95.8%), alcohol (60.5%), poor hygiene (35.5%), smoking (22.9%) and general somatic pathology (12.5%). Thus our recommendation for students undergoing adaptive quarantine will include proper hygiene, diet and regular visits to dental office.

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## **POSSIBILITIES OF CLEAR ALIGNERS USING IN COMPLEX THERAPY OF GENERALIZED PERIODONTITIS**

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Introduction: The treatment of patients with generalized periodontitis should be complex and individualized and orthodontic treatment helps to eliminate all probable etiological factors and periodontal tissue irritants. Today, the arsenal has non-



removable braces, orthodontic appliances and clear aligners that are more individualized and manufactured 'for the patient' by computer modeling.

**Materials and Methods.** Patient Ya., 49. Complaints: mouth odor, bleeding of gums, displacement of teeth, their mobility and the appearance of gaps between teeth, dental calculi. Examination: periodontal pockets (3-4 mm) in 3.6, 4.6, 3.4, 4.3, 1.5 with a moderate amount of serous exudate, pathological mobility of the teeth of the first degree in 4.1, 4.2, 3.1; OPTG - violation of cortical plate integrity, resorption of the collar bone within 1/3-1/2; slight osteoporosis of the bone. After clinical examination generalized periodontitis II degree, symptomatic catarrhal gingivitis, periodontal pockets, pathological mobility of the teeth 1 degree in 4.1, 4.2, 3.1. Protrusion of the frontal group of teeth on the upper and lower jaws was diagnosed.

**Results.** Treatment plan: periodontal treatment with subsequent correction of the position of the frontal group of teeth using clear aligners and splinting of the frontal group of teeth by an orthodontic retainer. After the periodontal manipulations (curettage), complete anatomical working prints were obtained from the upper and lower jaw with C-silicone imprint material, models were sent to the laboratory. A set of individual clear aligners was obtained, which had to be worn for two weeks (only removed when eating and brushing). After completion of treatment and control of the effectiveness of treatment with TRG (normalization of the incisor angle), the retention of the D-Direct orthodontic wire was performed.

**Discussion and Conclusions:** As a result of orthodontic treatment with clear aligners, a positive effect was obtained, which allows us to recommend this method for the comprehensive rehabilitation of patients with generalized periodontitis.