



Prof. Dr. Raúl Ferrando Cascales

Spain

Aligners and Brackets: Antithesis or Synergy?

Background: Orthodontic treatment objectives span a broad spectrum of tooth movements and biomechanical demands. Depending on movement complexity and case-specific factors, fixed appliances (brackets), clear aligners, or a combination of both may be the most appropriate option.

Objective: To examine the indications, limitations, and complementary roles of aligners and brackets, and to demonstrate how clinician autonomy enabled by modern digital diagnostic portals that support hybrid treatment planning can improve treatment efficiency and outcomes.

Approach: The lecture will synthesize current biomechanical principles and evidence comparing aligners and fixed appliances, present objective decision-making criteria for case selection, and outline a practical digital workflow for planning combined treatments. Illustrative clinical cases and a review of published outcome data will be used to exemplify how integrated digital planning facilitates staged or simultaneous hybrid strategies.

Expected conclusions: When selected on the basis of specific tooth-movement requirements and executed through coordinated digital planning, hybrid approaches can increase predictability, shorten overall treatment time, and enhance both clinician and patient choice. The talk will conclude with pragmatic guidelines for integrating hybrid protocols into routine practice using contemporary diagnostic portals.