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Aligner Therapy in Periodontitis – Function, Evidence, and Clinical Reality

Adult patients with reduced periodontal attachment represent an increasing proportion of cases in orthodontic practice. At the same time, aligner therapy is often regarded as a particularly suitable treatment modality.

This lecture provides a concise overview of the current evidence on orthodontic treatment with aligners in periodontally treated patients. The focus is on periodontal monitoring, clinical stability, oral hygiene capability, and interdisciplinary treatment strategies.

Indications, timing after periodontal therapy, risk assessment, and the limitations of treatment will be discussed. The objective is to provide a realistic, evidence-based appraisal of aligner therapy in the periodontally compromised dentition and to derive practical decision-making principles for everyday clinical practice.