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INDIVIDUALIZED ORTHODONTIC APPROACH AND LONG-TERM OUTCOMES IN AN ADULT PATIENT WITH PERIODONTITIS

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Aim: The aim of this case report is to evaluate the individualized orthodontic treatment process and two-year long-term outcomes of an adult female patient diagnosed with chronic periodontitis, following the completion of active periodontal therapy, within a multidisciplinary approach.

Case Presentation: The patient presented with supraeruption, papilla loss, gingival recession, premolar rotations, and anterior crowding. Orthodontic treatment was initiated after completion of active periodontal therapy and stabilization of periodontal health. Fixed 0.018" slot MBT brackets (3M™ Gemini™, 3M Unitek, USA) were bonded to all permanent teeth. Nickel-titanium (NiTi) archwires (American Orthodontics, USA) were used during leveling; rectangular stainless steel wires were used in advanced stages. For maximum anchorage and anteroposterior control, two Anchor® brand mini-screws (Jeil Medical Corp., Korea) were placed in the maxilla: one in the zygomatic region (2.0 × 12 mm), the other in the interradicular area between teeth 13 and 14 (1.6 × 8 mm). Cephalometric evaluation revealed a retrognathic mandible and a normodivergent growth pattern. At the end of treatment, fixed lingual retainers were applied to the upper and lower anterior teeth. The patient was followed clinically and radiographically for two years post-treatment.

Result: A stable occlusion was achieved, with normalized overjet and overbite. Dental crowding was corrected, and partial improvement in papillary loss was observed through proper tooth positioning. Periodontal health remained stable, and root resorption was minimal. The treatment resulted in functionally and esthetically satisfactory outcomes, with a high level of patient satisfaction. This case highlights that with careful planning and multidisciplinary collaboration, orthodontic treatment can be safely and effectively applied in adult patients with periodontitis.

Keywords: Periodontitis, Orthodontic Treatment, Multidisciplinary Approach



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