

JULY 2025

DR. JESSICA
COHEN
ORTHODONTICS

CASE OF THE MONTH

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DEDICATION IS EVERYTHING

Eden, a motivated teenage patient, presented with 6 mm of upper arch crowding and 1 mm in the lower arch. Her occlusion revealed bilateral 75% Class II molar and canine relationships, a 3 mm overbite with 50% incisor coverage, and a 4 mm overjet. Her upper midline was deviated 2 mm to the right, while her lower midline was centered. We presented three treatment options tailored to her specific needs. Given Eden's mild skeletal discrepancy, esthetic priorities, and excellent motivation, she elected for the Carriere and aligner combination. This approach allowed for early Class II correction with molar and canine distalization. The utilization of clear aligners allowed for management of the transverse and vertical planes of space, while preserving her facial profile and eliminating the need for extraction.



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WHAT IS A CARRIERE DISTALIZER?

The Carriere distalizer is a sleek, low-profile appliance that allows for early correction of Class II malocclusions before full bonding or aligner therapy begins. It often simplifies future treatment mechanics. By distalizing the upper molars as a unit and engaging the canines simultaneously, this appliance reduces the need for extractions and minimizes reliance on more invasive mechanics later in treatment. There is shorter overall treatment time by addressing molar relationship early. The Carriere distalizer encourages better anchorage control with minimal side effects on lower arch. It improves facial profile by influencing growth and correcting sagittal discrepancy in growing patients. Lastly, the Carriere distalizer is aligner-friendly and easily integrates into clear aligner sequencing; helping set up a better occlusion from the start.

IMPORTANCE OF SMILE AESTHETICS

Smile aesthetics is more than straight teeth—it's about achieving balance, proportion, and harmony with the face. At our practice, we carefully evaluate each patient's smile in the context of their overall facial features. That includes how much incisor is visible at rest, how the smile arc complements the lower lip, and whether midlines and symmetry contribute to or detract from facial balance. We also consider the proportions of each tooth, ensuring the width-to-length ratio supports a natural look. Lip support and profile are equally important; we avoid over-retracting teeth, which can flatten the face, and we're mindful of how our tooth movements will affect soft tissue drape and the patient's side profile. When we plan treatment, we're not just thinking about alignment. We're thinking about how a smile fits into the face. That philosophy guides every decision we make and allows us to deliver results that feel as good as they look.

