



MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
Kamothe, Navi Mumbai- 410209
E-Mail ID: mgmdch@mgmmumbai.ac.in



AWARENESS ON ALIGNERS AND TEEN COMPLIANCE

Date: 10th January 2026

Venue: Shivaji Vidyalaya, kalachowki, Cotton green

Faculty: Dr. Swati Singh, Dr. Pankaj Londhe

Organizing Agency: Department of Public Health Dentistry MGMDCH; NSS unit of MGMDCH, Rotary club of Mansarovar Buisness Emeralds

Number of Students attended: 5

Clear aligners are a modern orthodontic treatment modality that uses transparent, removable appliances to correct malocclusion and improve dental aesthetics. With increasing emphasis on aesthetics and comfort in dentistry, clear aligners have gained popularity as an alternative to conventional fixed orthodontic appliances. They offer several advantages such as improved appearance, better oral hygiene maintenance, and enhanced patient comfort due to their removable nature. MGM Dental College is dedicated to promoting oral health awareness within the community. Recently, this initiative was extended to the students at Shivaji Vidyalaya, Kalachowki, Cotton green to evaluate their level of awareness regarding clear aligners and to assess compliance among teenagers undergoing or advised orthodontic treatment. In school settings, awareness and compliance are influenced by factors such as peer perception, lifestyle habits, parental supervision, and understanding of treatment importance. Therefore, assessing awareness and compliance among adolescents is essential for improving orthodontic outcomes and planning preventive and educational strategies.

Aim and Objectives:

- To assess the level of awareness regarding clear aligners among teenagers.
- To evaluate compliance in patients advised or undergoing aligner therapy.
- To identify factors influencing awareness and compliance.

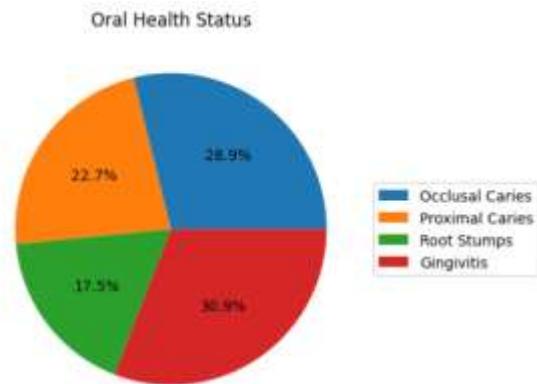
Method:

A type 4 examination of the children was conducted using tongue depressor to assess their oral health status. Following the evaluation, the children were provided with information on how to make effective use of aligners and how teen compliance plays a pivotal role in achieving positive outcomes. To make them aware on how aligners are advanced methods to correct various malocclusions. They offer several advantages such as superior esthetics, better oral hygiene maintenance and better patient comfort due to its removable nature. The initiative also included discussions about the importance of regular dental check-ups and importance of wearing aligners for 20-22 hours per day to achieve maximum efficacy as poor compliance can affect treatment outcomes.

Observations: A total of 97 individuals were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Oral health status:

Conditions	No. of individuals	Percentage %
Occlusal caries	28	29%
Proximal caries	22	23%
Root stumps	17	17%
Gingivitis	30	31%



Interpretation:

Out of 97 patients examined, **gingivitis (31%)** was the most prevalent condition, indicating a high occurrence of periodontal issues among the study population. This was followed by **occlusal caries (29%)** and **proximal caries (23%)**, reflecting a significant burden of dental caries, particularly on chewing and interproximal surfaces. **Root stumps (17%)** were the least common but still notable, suggesting the presence of untreated or neglected dental conditions. Overall, the findings indicate that both dental caries and gingival diseases are common among the examined patients.

Conclusion-

The findings indicate that, despite the presence of various oral health conditions among the examined patients, awareness regarding clear aligners and their proper usage among teenagers remains limited. Additionally, compliance with aligner therapy is likely to be inconsistent due to factors such as lack of knowledge, motivation, and supervision. This highlights the need for increased awareness programs, patient education, and motivation strategies to improve understanding and enhance compliance with aligner treatment among teenagers, ultimately leading to better orthodontic outcomes.





INVESTIGATION BEING DONE BY THE TEAM MEMBER

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Swati Singh
2.	Dr. Pankaj Londhe
Name of Interns & students	
3.	Vrushali Bargal
4.	Shravani Ghodke
5.	Tejaswini