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COMPARISON OF SKELETAL, DENTAL AND SOFT TISSUE CHANGES ASSOCIATED WITH RETRACTION OF ANTERIOR MAXILLARY TEETH BY EXTRACTION AND MINI-IMPLANT ASSISTED DISTALIZATION: A SYSTEMATIC REVIEW

JAIN R[1*] AND GOJE SK[2]

1: Postgraduate Student, Department Orthodontist and Dentofacial Orthopedics, KM Shah Dental College and Hospital, Vadodara – 391760, Gujrat, India

2: Professor and Head, Department Orthodontist and Dentofacial Orthopedics, KM Shah Dental College and Hospital, Vadodara – 391760, Gujrat, India

***Corresponding Author: Jain R**

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ABSTRACT

Introduction: Currently, there is limited evidence on the changes in skeletal, dental and soft tissue in retraction of anterior maxillary teeth by extraction and mini-implant assisted distalization. In this review, we examined the evidence from Randomized and non-randomized controlled clinical trials, clinical trials (prospective studies), to provide information on any association between extraction and mini-implant assisted distalization on retraction of anterior maxillary teeth. **Method:** We conducted a comprehensive electronic search up to October 30, 2020, in the following databases: PubMed, Embase, Cochrane Database of Systematic Reviews, Cochrane Central Register of Controlled Trial. The eligibility criteria **(PICO)** were used to determine eligible reports for this systematic review. Data was extracted by two reviewers on the basis of year of publication, study design, materials, method measurements, age, sample size, treatment period, force applied, amount of retraction of anterior teeth, amount of skeletal changes obtained, and improvement of facial morphology gained, side effects, and author's conclusions, among others. The meta-analysis was performed for both quality and quantity of the information retrieved from the finally

selected studies which justified a meaningful statistical combination. **Result:** The most important distalization effects (6.4 mm) were achieved by using the mini-screw supported pendulum appliance. The shortest linear distalization (1.8 mm) measurements were reported with one miniscrew within the inter-radicular area between which teeth? **Conclusion:** To take advantage of the full retraction capacity, additional distalization modalities may be beneficial in the maxillary arch. Four premolar extraction treatment may be recommended when greater improvement of incisor retraction and soft-tissue profile is required in adult patients with Class II malocclusion. Implications for study as the quality of proof ranged between low to moderate in terms of the skeletal and soft-tissue variables and very low to moderate in terms of the dental variables, therefore, we approve the need for more well-conducted RCTs in the en masse retraction field.

Keywords: Extraction, Mini-implants, Distalization, anterior teeth, retraction

INTRODUCTION:

The urge for orthodontic treatment changes with changing trends in esthetic demands, socioeconomic factors, and social recognition of orthodontic treatment. Thus, over the past several decades the features of patients going through orthodontic treatment tend to change over time and the number of adults looking for active orthodontic treatment has been increased[1]. The grave issue is the preservation of existing dentoalveolar structures in the treatment, and throughout the course of tooth movement this mandates vigilant monitoring of the periodontal and occlusal grades.[2]

To resolve their demand, various treatment modalities can be considered, which may include conventional premolar extractions or non-extraction approaches through space-gaining mechanics. When premolar extraction therapy is used with sound application of orthodontic mechanotherapy, it allows for the relief of crowding and enhancement of the soft-tissue profile. However, it can end up with unpredicted complications like injury to the adjacent alveolar structures and occlusal disturbances.[4,5] Moreover, the extraction space may relapse during the retention period, which can further jeopardize the steadiness of treatment outcome and cause periodontal worsening via local food impaction.[6]

Nowadays, because of the availability of effective and minimally invasive treatment modalities the inclination towards choosing non-extraction approaches is increasing. Several strategies are introduced to deal with the arch length discrepancy by gaining space through enamel stripping, arch

expansion, and distalization of dentition. The efficiency of non-extraction therapies has been enhanced with the introduction of temporary anchorage devices (TADs) via improved anchorage management.[7,8,9,10,11,12]

The miniscrew have gained popularity among the array of various sorts of TADs thanks to its simplicity and non-invasive clinical application. However, the miniscrew also pose significant drawbacks such as, a) risk of contacting the roots of neighbouring teeth and b) limited range of action from the narrow interradicular space. A recent study suggested that if orthodontic miniscrews were used with interproximal reduction (IPR) the opportunities for successful non-extraction treatment could be further expanded. The retrospective analysis of Class I malocclusion treatment demonstrated that distalization using buccal miniscrews including interproximal reduction could resolve 3.6 mm of crowding within the maxillary dentition.[13] However, considering that IPR should be performed at less than 50% of the enamel thickness, patients with moderate to severe crowding should be cautioned against opting for this treatment.[14]

Throughout the 20th century, intrusion of teeth, particularly posterior teeth, has been a difficult and complex treatment modality. The mechanics utilized in the bulk of those years relied heavily on patient compliance. The introduction of temporary anchorage devices (TADs) over the newer years has endorsed for the intrusion of posterior teeth with minimal need of patient compliance. Several cases reports are published using different intrusive mechanical approaches.

Orthodontic mini-implants (OMIs) are being used progressively as an orthodontic anchorage source. Recently, good treatment results were yielded by the introduction of distal retraction of the entire dentition using OMIs.[15,16] Distal force is usually applied to the canines or anterior hooks are attached to the most archwire by OMIs placed within the posterior region of the buccal alveolar bone. Various researches[15,16,17] showed that total arch distalization can simultaneously retract the upper incisor 2.62 mm and resolve up to 2.06 mm in arch length discrepancy (ALD) within the maxilla.

However, there is no consistent data specifying which is the better option between retraction of anterior maxillary teeth by extraction and mini-implant assisted distalization. Therefore, this systematic review aimed to compare the skeletal, dental and soft tissue changes associated with retraction of anterior maxillary teeth by extraction and mini-implant assisted distalization.

OBJECTIVES:

This systematic review article is designed to analyse the scientific evidence on the changes in skeletal, dental and soft tissue in retraction of anterior maxillary teeth by extraction and mini-implant assisted distalization as derived from the existing literature on peer-reviewed orthodontic journals according to the Cochrane collaboration principles. The review was undertaken to answer the following relevant questions:

1. Which treatment modality has better anterior teeth retraction effect?
2. Which treatment modality has better soft tissue effects?

MATERIALS AND METHOD:

This systematic review was performed according to the Cochrane Oral Health Group's Handbook for Systematic Reviews of Interventions (http://ohg.cochrane. org) and was registered with the number CRD42014008912 in the PROSPERO database (http:// www.crd.york.ac.uk/PROSPERO).

SEARCH STRATEGY:

Comprehensive electronic searches up to October 30, 2020, were conducted in the following databases: PubMed, Embase, Cochrane Database of Systematic Reviews, Cochrane Central Register of Controlled Trial. The literature rifles used the following Medical Subject Headings.

(MeSH) terms: "Mini-implants assisted maxillary distalization," "extraction of premolars," and "retraction of anteriors" which were crossed with the following terms "distal tipping of the maxillary first molars", "facial morphology", "upper lip retraction".

In addition, the following journals were rifled individually to find out any missing articles: The Angle Orthodontists, American Journal of Orthodontics and Dentofacial Orthopedics, European Journal of Orthodontics, Korean journal of orthodontics, and Journal of Orofacial Orthopedics.

No restrictions were applied regarding date of publication, or status during database searches. The search strategy for PubMed can be originate in (**Table 1)**.

Table 1: Search strategy in PubMed

#1 Retraction of anterior teeth with extraction OR Retraction of anteriors teeth with arch distalization
#2 Skeletal changes OR Dentoalveolar changes OR soft tissue changes
#3 #1 AND #2

The following eligibility criteria **(PICO)** were used to determine eligible reports for this systematic review:

a) Population: Adult status as proven by cervical vertebral maturation stage V at the time of treatment initiation, Class I, Class II and Class III molar and canine relationship,

crowding less than 5 mm, progressive overbite, overjet superior than 4 mm, no previous orthodontic treatment. Studies examining patients with impaction, craniofacial anomalies or syndromes, cleft lip and palate, surgically assisted treatment, and patients in the mixed dentition stage were excluded from the review. Only human studies were included without consideration of gender.

b) Intervention: Patients undergoing orthodontic treatment for bimaxillary proclination by retraction of anterior maxillary teeth by performing extraction or mini-implant assisted arch distalization.

c) Comparison: Any method of mini-implant assisted distalization for retraction of anterior teeth vs. extraction of premolars for retraction of anterior teeth, before and after treatment.

d) Outcomes: Linear cephalometric variables were used for analyzing the effects of premolar extraction or mini-implant supported distalization, Angular cephalometrics were used for analyzing the effects of premolar extraction or mini-implant supported distalization, linear and angular cephalometrics variables in reference to the mandible for analyzing the effects of premolar extraction or mini-implant assisted distalization.

STUDY DESIGN:

Randomized and non-randomized controlled clinical trials, clinical trials (prospective studies) were assessed. Excluded articles included case reports, case series ≤8 subjects, retrospective studies, animal studies, review articles, abstracts, and discussions.

STUDY SELECTION:

The titles and abstracts of all articles gained through the electronic searches were screened independently by two reviewers. Since it isn't enough to rely on abstracts to get enough information about the results of posterior teeth intrusion by different methods, no attempt at this stage was made to identify studies that did not mention the changes in skeletal, dentoalveolar or soft tissue in retraction of anterior teeth by extraction or distalization. After obtaining a sufficient number of abstracts, full articles were recovered for the final selection process. The reference list of the articles that have been recovered was checked out for additional studies that may have been missed in the initial searches. A consensus was reached among the evaluators about the articles that met the eligibility criteria.

DATA COLLECTION AND ANALYSIS

Data was extracted in duplicate by two reviewers on the following items:

Year of publication, study design, materials, method measurements, age, sample size, treatment period, force

applied, amount of retraction of anterior teeth, amount of skeletal changes obtained, improvement of facial morphology gained, offshoots, and author's conclusions, among others.

RISK OF BIAS IN INDIVIDUAL STUDIES:

From the included studies, there were 13 CCTs (**Table 2)**

The risk of bias of included non-randomizes clinical trials was assessed using the methodological index for non-randomize studies (MINORS) **(Table 3)**. Two reviewers performed the evaluations, and in cases of disagreement, consensus was reached after discussion. Methodological value was done for each article without blinding to the authors.

DATA SYNTHESIS

We planned to perform a meta-analysis if both quality and quantity of the information retrieved from the finally selected studies justified a meaningful statistical combination.

Table 2: Methodological appraisal/ risk of bias assessment of RCTS

Studies	Criteria					
	Sequence generation	Allocation concealment	Blinding	Incomplete outcome data addressed	Outcome reporting	Free from other bias
Patricia Pigato Schneider 2019	yes	yes	yes	yes	yes	Yes
Sung Youn Jo 2018	unclear	unclear	unclear	Unclear	unclear	no
Duran *et al*., 2016	unclear	unclear	yes	Yes	unclear	no
Cozzani *et al*., 2016	yes	yes	yes	Yes	unclear	yes
Mariani *et al*., 2014	unclear	unclear	unclear	Unclear	unclear	no
Al-Sibaie and Hajeer, 2014	yes	yes	yes	unclear	unclear	yes
Sar *et al*., 2013	unclear	unclear	yes	Yes	unclear	no
Bechtold *et al*., 2013	unclear	yes	yes	unclear	unclear	no
Solem *et al*., 2013	unclear	unclear	yes	unclear	unclear	yes
Min-Ho Jung 2013	unclear	unclear	yes	Yes	unclear	no
Jonghan Yu	yes	yes	unclear	unclear	yes	unclear
Upadhyay *et al*., 2008	unclear	yes	yes	unclear	yes	yes

Table 3: Methodological appraisal / Risk of bias assessment of nRCTs

Criteria	Patricia Pigato Schneider 2019	Sung Youn Jo 2018	Duran *et al*., 2016	Cozzani *et al*., 2016	Mariani *et al*., 2014	Al-Sibaie and Hajeer, 2014	Sar *et al*., 2013	Bechtold *et al*., 2013	Solem *et al*., 2013	Min-Ho Jung 2013	Jonghan Yu	Upadhyay *et al*., 2008
1.A Clear Aim	2	2	2	2	2	2	2	2	2	2	2	2
2.Inclusionof consecutive patients	1	0	2	1	1	0	0	0	1	0	0	0
3.Prospective collection of data	1	1	1	0	1	0	1	1	2	1	1	1
4.Appropriate endpoint	2	2	2	2	2	2	2	2	2	2	2	2
5.unbiased assessmentof endpoint	0	0	0	0	0	0	0	0	0	0	0	0
6.follow up period appropriate	0	2	0	2	0	2	2	0	0	2	0	0
7.loss to follow up <5%	0	0	0	0	0	0	2	0	0	0	0	0
8.prospective calculation of the study size	0	0	0	0	0	0	0	0	0	0	0	0
9.Anadequate control group	0	2	0	2	0	2	2	0	0	2	0	2
10.Contem peroray group	2	0	0	2	0	0	2	0	0	2	0	2
11.Baseline euivalance of group	0	2	0	1	1	0	2	0	0	1	0	1
12.Adequate statistical analysises	1	0	0	1	0	2	2	2	2	1	2	2
Total	11	9	6	13	8	10	17	7	9	11	7	12

RESULTS:

The stream of records through the reviewing process is shown in **(Figure 1).** Within the database search done till October 2020, we initially identified 879 records, but excluded 449 as duplicates, and more 425 on the idea of their title and abstract. Then we assessed full text 24 articles, of which 11 were excluded. Finally, 13 full-text reports were included within the systematic review.

All studies included within the methodological scoring process have low-moderate quality. The sample size evaluation, randomization and blinding weren't mentioned in any studies, during this review. The standards was to assess the quantity of anterior teeth retraction its effect on skeletal, dentoalveolar, soft tissue, which were stated properly by 13 articles. The values of mean molar distalization varied from 1.8 mm to 6.4 mm. The most important distalization effects (6.4 mm) were achieved by Kircelli *et al*., [30] using the mini-screw supported pendulum appliance. The shortest linear distalization (1.8 mm) measurements were noticed by Bechtold *et al.,* [25] with one miniscrew within the inter-radicular area. The mean distal tipping of molars varied from 1.658 degrees to 11.38. Escober *et al*.,[31] recorded the very best extent of distal tipping (11.38). There was a mean variation from 1.75mm to 5.4mm and 0.1mm to 2.7mm respectively in the distal movement of premolars and incisors. Two studies measured skeletal variables. There was no significant difference among the 2 groups within the SNA, SNB, ANB, and MP SN angles (P= 0.89, WMD = 0.03°, P = 0.88 WMD = 0.47°, P = 0.58; WMD = −0.29°, P = 0.46; WMD = – 0.16°, respectively.[1,7]

Dentally, a sensitivity analysis was administered altogether the dental changes and it had been decided to not include CCTs[17,18] with RCTs [1,7] for more reliable results. A distal movement of maxillary first molar (U6) was testified in G1, while a mesial movement of U6 was testified in G2 with a big difference between the 2 groups (SMD = –3.03 mm, P < 0.0001). A greater retraction of incisors (U1) with better inclination were detected in G1 with a big difference between the 2 groups [SMD = –0.46 mm, P = 0.03; SMD = 0.74°, P = 0.003. An intrusion force was applied on U1 and U6 in G1, while an extrusion force was applied on U1 and U6 in G2 with a big difference between the 2 groups within the vertical movement of U1 and U6 [SMD = –2.48 mm, P < 0.00001; SMD = –0.61 mm, P = 0.010. Regarding soft tissue variables, reported a significantly greater increase within the nasolabial angle (NLA) in G1 (WMD = 4.73°, P = 0.007) [1,7]. The facial convexity angle was measured in one

study, with significantly higher decrease in G1 (P = 0.0435). Sensitivity analysis was administered within the UL E and LL E, and it had been decided to exclude one CCT[18] within the analysis. No significant difference between the 2 groups was observed regarding the UL E (SMD = –0.28 mm, P = 0.18), while lower lip retraction in G1 was significantly greater (SMD = –0.95 mm, P = 0.01). There was no significant difference between the 2 groups within the duration of retraction in two studies.[1,17] In constant, one study[7] reported a significantly shorter treatment duration in G1 with a mean of four months. Both dissimilarity and heterogeneity was found within the outcome measures, after analyzing data within the related studies. Meta-analysis wasn't possible for this systematic review as a result.

PRISMA flowchart

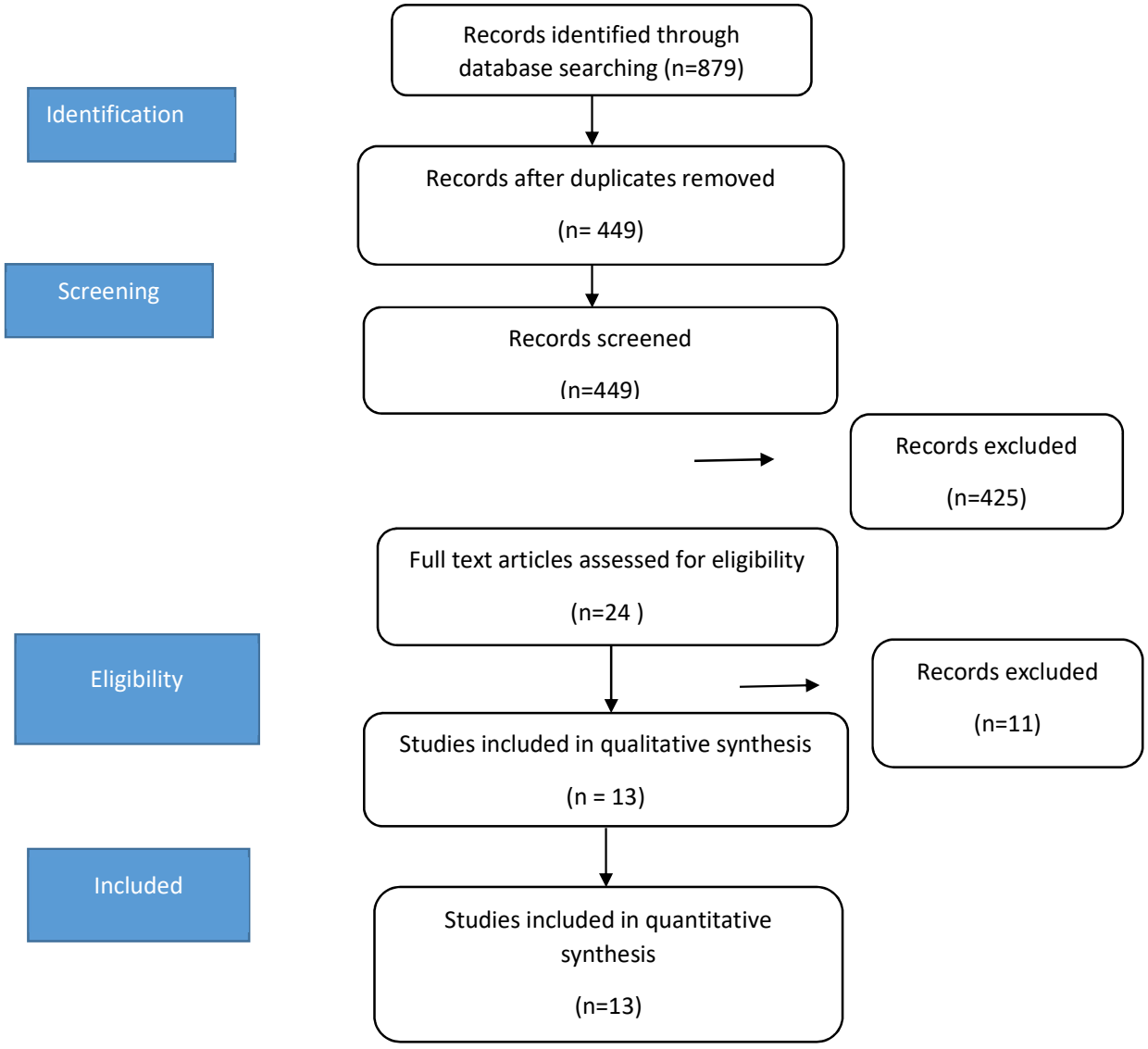

Figure 1

Table 4: Study design and characteristics of the final selected articles. After searching manually within references of the approved articles, it was found that all related studies were included in the initial electronic search process

Study	Innervation	Results	Treatment duration
Patricia Pigato Schneider 2019[18]	Group I: en masse Retraction Group 2: two-step retraction (TSR) during space closure	No significant differences existed in the amount of retraction of incisors and anchorage loss of molars between ER and TSR. Changes in incisor and molar tipping were similar, with the crowns showing more movement than the apex	6M/9M (Active treatment)
Sung Youn Jo 2018[19]	The MCPP (modified C-plate group treated with total arch distalization of the maxillary arch while the PE(Premolar extraction) group treated with four PE	Findings suggest the MCPP is an effective distalization appliance in the maxillary arch. The amount of incisor retraction, however, was significantly higher in the PE group. Therefore, four PE may be recommended when greater improvement of incisor position and soft-tissue profile is required.	25.8 ± 10.8 months 28.3 ± 7.3 months (Total treatment)
Duran *et al*., 2016[20]	Intra-radicular skeletal anchorage	Distalization was performed using skeletal anchorage. Dental casts were obtained just before treatment and after appliance removal, and they were scanned with a 3-dimensional dental scanner. The digital dental cast images were aligned. Four points and 2 lines were determined on each tooth, and the correlations between tooth movements and the linear and angular changes were analyzed 3 dimensionally.	5.3 SD 1.46 Months
Cozzani *et al*., 2016[21]	Group 1: ; MGBM system with interradicular miniscrew Group 2: distal screw appliance with palatine miniscrew	The MGBM system resulted in greater distal molar movement and less treatment time, resulting in more efficient movement than was associated with the DS; DS showed less molar tipping during distalization	9 M/7 M
Mariani *et al*., 2014[22]	Group 1: MGBM system (skeletal anchorage) and Pendulum (intraoral anchorage). Group 2: Pendulum (intraoral anchorage)	The MGBM system and the Pendulum appliance are both effective in the correction of class II malocclusions. The MGBM system was found to be more efficient than the Pendulum appliance, producing greater molar distalization in a shorter treatment time.	7 M/9 M
Al-Sibaie and Hajeer, 2014[23]	Group I: SS 0.019×0.025 with 8 mm height soldered hooks distal to the laterals G2: SS 0.019×0.025	A decrease in the SNB and MP-SN angles in both groups with no significant difference between them	12.90M/16.97M
Sar *et al*., 2013[24]	Group 1: Miniscrew Implant Supported Distalization System (MISDS) Group 2: and the Bone-Anchored Pendulum Appliance (BAPA).	Both methods provided absolute anchorage for distalization of posterior teeth; however, almost translatory distal movement was encountered in the MISDS group, and substantial distal tipping of the maxillary molars accompanied distalization in the BAPA group.	10.2 M/8.2 M
Bechtold *et al*., 2013[25]	Effects of linear force vector(s) from interradicular miniscrews on the distalization pattern of the maxillary	Interradicular miniscrews predictably induced total arch distalization, leading to the correction of Class II. Additional miniscrews in the premolar area	9.08 M /11.27 M

	arch in adult Class II patients	**appear to facilitate intrusion and distalization of the entire arch according to the position of the force vectors.**	
Solem *et al*., 2013[26]	**G1: SS 0.016×0.022 passing through the labial c-tube miniplates G2: SS 0.016×0.022**	**G1: Elastomeric chains from hooks on the archwire to the C-tube, Profound soft-tissue changes accompanied retraction of the anterior dentition with both treatment modalities.**	**NR**
Min-Ho Jung 2013[27]	**Group 1: mini-implants (OMIs) combined with interproximal stripping (IPS) Group 2: second premolar extraction was investigated in Class I malocclusion patients**	**Total arch distalization using an OMI with IPS did not yield a significantly different treatment result compared to second premolar extraction treatment**	**20.5 SD 4.5 24.0 SD 6.7**
Jonghan Yu 2016[28]	**Ramal plates for mandibular molar distalization**	**The mandibular molars showed a significant amount of distalization accompanied by limited extrusion and mesiobuccal rotation of the crowns. A ramal plate may be a viable device for mandibular total arch distalization in Class III patients who are reluctant to undergo orthognathic surgery.**	**5M**
Upadhyay *et al*., 2008[29]	**G1: SS 0.017×0.025 + crimpable hook distal to the lateral incisors G1: Closed NiTi coil spring**	**Mini-implants are efficient for intraoral anchorage reinforcement for en-masse retraction and intrusion of maxillary anterior teeth. No anchorage loss was seen in either the horizontal or the vertical direction in G1 when compared with G2. However, a statistically significant decrease in intermolar width was noted in G1**	**10.6M /9.2M**
Kinzinger *et al*., 2009[9]	**Skeletonized distal jet appliance with 2 paramedian miniscrews for additional anchorage**	**The skeletonized distal jet appliance supported by additional miniscrew anchorage allows translatory molar distalization. Although the anchorage design combining 2 miniscrews at a paramedian location and the periodontium of 2 anchorage teeth does not offer the quality of stationary anchorage, it achieves greater molar distalization in total sagittal movement than conventional anchorage designs with an acrylic button..**	**9M**

DISCUSSION:

1. Extraction

Skeletal:

The SNA and ANB angles decreased with no significant difference between the 2 groups. This decrease would indicate that point A had moved back during the upper anterior teeth retraction. Al Sibaie and Hajeer[23] reported a decrease within the SNB and MP SN angles in both groups with no significant difference between them, while Upadhyay *et al*.,[29] reported a rise within the SNB and reduce within the MP SN within the en masse/TADs group,

which might be associated with the molars intrusion in both arches causing counter-clockwise rotation of the mandible. Since there have been no significant differences within the skeletal variables between both retraction methods, there's no preference for one method over the opposite in terms of the skeletal improvement. The strength of evidence during this context ranged from low to medium.

Dental:

The horizontal movement of first molars Using TADs seem to provide not only less mesial movement of first molars but also a distal movement of them when interdental contact occurs between the canine and second premolar, so a retraction force would translate to the primary molars, as reported altogether the included studies[26,28,29]. Hence, for anchorage TADs appears to be better than CA. This is very low to medium strength of evidence. When anchoring the anterior teeth retraction with TADs the vertical movement of first molars intrusion occurred; while in contrast, extrusion of first molars occurred when using the CA devices. Hence, using TSADs are expected to stop the worsening of the profile with dextrorotation of the mandible in cases with increased vertical dimensions. The strength of the evidence ranged between very low to medium during this aspect. The horizontal movement of upper incisal edges it had been higher when using TSADs as compared with CA because CA allowed posterior teeth to manoeuvre mesially in order that the anterior teeth were retracted a less amount. Therefore, it's preferable to use TADs when a bigger amount of retraction is required. There is very low to medium range of the strength of evidence in the vertical movement of incisors. The incisor edges and apices were bare to an intrusion force when using the TSADs. Furthermore, the peak of the facility arm influenced the quantity of intrusion force. By reducing it, a better intrusion might be achieved. In contrast, within the CA group extrusion of incisal edges and apices would occur, because of the coronal orientation of the force vector in regard to the CR. Therefore, the incidence of a post-retraction increase within the overbite is prevented using TADs. The strength of the evidence during this context ranged between very low to medium. The incisors inclination it's one among the toughest and most vital goals within the camouflage treatment. The upper incisors were retracted by controlled tipping and bodily movement within the en masse/TADs group, whereas within the 2 step/CA group the retraction was primarily accomplished through controlled and uncontrolled tipping. Therefore, the upper incisor axis would show an optimal

inclination when using TADs with en bloc retraction of the upper anterior teeth. Soft-tissue changes due to the backward movement of the upper incisors the NLA increased in both groups after retraction. This increase was significantly greater within the TADs/en masse group as compared with the CA/two step group due to the larger amount of upper anterior teeth retraction within the TADs/en masse group. The facial convexity angle decreased in both groups due to the retraction of the upper incisors which improved the looks of the facial profile. Upadhyay *et al*.,[29] reported that this decrease was significantly higher within the en bloc retraction compared to the 2 step retraction. The rationale for this seems to be the many difference between the 2 techniques within the amount of upper anterior teeth retraction. The upper lip retraction was higher within the en bloc retraction with TADs as compared with two step retraction with CA, but it had been not significantly difference between the 2 groups. This might be explained by the differences in thickness and lip strain between the patients. Additionally, the mobile and versatile lip texture could cause large variations of lip position on the lateral cephalogram. The strength of evidence ranged from low to medium. The lower lip pull back within the en masse/TADs group and two step/CA groups because it contacts the upper and lower incisors, so it's influenced by both incisors retraction. this might explain the rationale for lower lip retraction in school II division 1 cases where the extraction was performed only within the upper dental arch, as reported in Al Sibaie and Hajeer.[23] However, the lower lip retracted due to the retraction of the upper anterior teeth. Retraction or overall treatment duration regarding the general treatment duration, Al Sibaie and Hajeer[23] reported a significantly shorter treatment duration within the en masse/TADs group which because performing a two-step retraction technique prolonged the duration of space closure because it took 6–8 months just to retract the canine into the extraction site.[21] Surprisingly, Upadhyay *et al*.[29] reported no significant difference between the 2 groups within the retraction duration with indicating that the incorporation of skeletal anchorage devices may enhance the treatment outcomes without affecting the retraction duration, but the reason given in their paper wasn't convincing.

Distalization

Effects on Molar Distalization,

Tipping, and Vertical Movement among this review, the molars were distalized with a mean varied from one.87 mm to 6.4 mm, with the best possible (6.4 mm)

distalization determined by Kircelli *et al*.,[8] Distal tipping of the molars varied from 658 to 11.38. Distal tipping of the molar was lowest once the distalizing force was applied palatally because the reactive forces were placed gingivally, near to the middle of resistance of the molar.[23,24] Cozzani *et al.*,[21] compared the distal screw appliance with the MGBM system and distal jet appliance. The results showed that distal tipping of the molars was lowest with the distal screw with additional bodily movement of the molars. This probably possibly be connected to the rigidity of the distalizing arms and thus the purpose of the force application with regard to the center of resistance of the molar. Vertical movement of the jaw molar was lowest and thus the miniscrew-supported appliance caused each jaw molar intrusion and extrusion. The mean rate of intrusion differed from 0.1 mm to 1.4 mm. this could flow from to the very fact that dentoalveolar vertical growth was prevented by the rigid secure appliance or by the intrusive force exerted by the tongue. The studies by Kircelli *et al*.,[30] Escobar *et al*.,[31] and Sar *et al*.,[24]showed extrusion of the jaw molars with mean values from 0.1 mm to 2.7 mm.

Single Screw vs Twin Miniscrew result on Molar Distalization

In the this review, studies[25,32]that compared single vs twin miniscrews for molar distalization showed larger molar distalization among the twin screw cluster compared to the sole screw cluster. Polat-Ozsoy *et al.,*[32] used one screw in nine subjects and 2 screws in twelve subjects, and showed overall success was larger in subjects with 2 screws this could be attributed to the double magnitude of force from using a twin screw. The paramedian roof of the mouth is also a well-liked web site for miniscrew placement as a result of it's associate adequate bone mass that in-turn reduces the danger of injury to anatomic structures like dental roots, nerves, and blood vessels. Within the gift review, eleven studies used the paramedian region of the roof of the mouth to put miniscrews. Appliances with miniscrews placed among the paramedian roof of the mouth caused distal movement of the molars by quite five millimeter while not undesirable aspect effects on the premolars and incisors. The most limitation with the situation of miniscrews among the anterior a neighborhood of the roof of the mouth is that this procedure is advanced to place and deduct the screws. Intensive molar distal movement is tough to appreciate with interradicular miniscrews as a result of the screws would square measure offered

contact with the surrounding root throughout tooth movement.[21,27]

Effects on the Premolars and Incisor/Anchorage Unit

The conventional anchorage setup in insubordination molar distalization includes the utilization of acrylic buttons on the palatal mucous membrane by exploitation the periodontium of anchorage teeth.[10] The disadvantages of this type of anchorage embody, especially, restrictions to hygiene and contraindications supported sure dentition stages and native things. Different anchorage elements for molar distalization appliances embody metallic element miniscrews of little diameter and odontology implants of short length, compared to mini implants, miniscrews square measure less expensive and fewer invasive.[6,7] Miniscrew anchorage not solely causes distal movement of premolars, however additionally prevents flaring of jaw incisors, associate undesirable aspect result of molar distal movement, however may additionally cause vital distal movement of the incisors. Within the systematic review, eight out of fourteen studies showed distalization of premolars and incisors and therefore the mean distal movement of premolars and incisors varied from 1.75 mm to 5.4 mm and 0.1 mm to 2.7 mm, severally. This could be attributed to the actual fact that the reactive forces arising from the appliances were directly resisted by associate intraosseous screw, the premolars were free from any attachment, and that they drifted distally via transseptal fibers throughout the distalization amount.

CONCLUSIONS:

To take advantage of the full retraction capacity, additional distalization modalities may be beneficial in the maxillary arch. Four premolar extraction treatment may be recommended when greater improvement of incisor retraction and soft-tissue profile is required in adult patients with Class II malocclusion.

LIMITATIONS

Implications for study as the quality of proof ranged between low to moderate in terms of the skeletal and soft-tissue variables and very low to moderate in term of the dental variables, therefore, we approve the need for more well-conducted RCTs in the en masse retraction field.

HIGHLIGHTS:

- The results of this study support as a direct anchor in the maxillary arch as well as an indirect anchor in the mandibular arch.
- To take advantage of the full retraction capacity, supplementary distalization modalities may be beneficial in the mandibular arch.

- Four premolar extraction treatment may be suggested when greater improvement of incisor retraction and soft-tissue profile is essential in adult patients with Class II malocclusion.

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