

THE TELEORTHODONTIC STANDARD FOR REMOTE TREATMENT WITH CLEAR ALIGNERS



American
TeleDentistry
Association

An American Teledentistry Association Position Paper

Teledentistry is not a specific service; it refers to a broad variety of technologies and methodologies. According to the American Dental Association's Comprehensive Policy Statement on Teledentistry, it is defined as the use of telehealth systems and methodologies in dentistry. Teledentistry can include patient care and education delivery using, but not limited to, the following modalities:

- **Live video (synchronous):** Live, two-way interaction between a person (patient, caregiver, or provider) and a provider using interactive audiovisual telecommunications technology.
- **Store-and-forward (asynchronous):** Transmission of recorded health information (for example, radiographs, photographs, video, and digital scans of patients) through a secure electronic communications system to a practitioner, who uses the information to evaluate or diagnose a patient's condition or render a service.
- **Remote patient monitoring (RPM):** Personal health and medical data collection from an individual in one location via electronic communication technologies, which is transmitted to a provider (sometimes via a data processing service) in a different location for use in care and related support of care.
- **Mobile health (mHealth):** Health care and public health practice and education supported by mobile communication devices and software apps, including cell phones, tablet computers, and personal digital assistants (PDA).

In teledentistry, just as it occurs with in-person treatment, a patient is seen, diagnosed, and/or treated by a licensed dentist. Similarly, patients retain their rights concerning privacy and secured health information, access to their medical records, and information about benefits, risks, and alternatives to proposed treatments or procedures. Additionally, clinical care is effectively provided **in the absence of a scheduled appointment and previously established physician-patient relationship**.

Through the collection of diagnostic data (conventional digital photographs, three-dimensional topographical photos, a health history, and x-rays when deemed necessary by the oral healthcare provider) combined with the patient's chief complaint, a clinically acceptable orthodontic diagnosis can be made. In the case of limited tooth movement that is planned and executed in remote clear aligner treatment, there is no data to suggest that an in-person examination is required for successful treatment of tooth alignment. The one clinical study that has examined outcome in remote clear aligner treatment has demonstrated that teleorthodontic treatment is both safe and effective.

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