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European Consensus: “Do-it-yourself-Orthodontics” is hazardous for patients

With much concern, dentists and professional Orthodontists all over Europe are witnessing the increasing activities of start-up companies promoting and selling orthodontic treatment using aligners by post. This type of remote treatment is provided without either proper initial diagnosis or any form of regular clinical monitoring. These companies often present their services as affordable, fast, and safe, although they clearly do not meet required professional dental standards. Orthodontic treatment without proper initial diagnosis and regular clinical monitoring can cause severe risks to patients’ health.

31 professional dental and orthodontic societies, associations, and institutions from 25 countries have come together to endorse and fully support a Joint Declaration regarding this unacceptable and potentially unsafe remote treatment of malocclusions. This Declaration clearly states the basic requirements that must be met for any orthodontic treatment.

Orthodontic treatment without thorough clinical face-to-face examination of the patient, x-ray imaging and regular clinical monitoring, is potentially hazardous to the patient's health. Any self-administered and remote treatment cannot be justified from a professional medical perspective and thus represents a serious violation of ethical medical and dental standards.

The Joint Declaration on the remote treatment of malocclusions is available in twelve languages.

“The unanimity shown by European orthodontists on this subject makes it clear that orthodontics is more than just aligning the front teeth. It is about a holistic approach to care where the patient’s best interests are at the heart of our treatments.” says Prof. Dr. Dr. Christian Scherer, who coordinated the project for EFOSA. “Every patient should make sure that the basic requirements formulated in the Joint Declaration are also observed in his or her treatment so that their treatment is practiced safely.”

The EFOSA Council on October, 28th, 2021

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EFOSA represents, as an umbrella organisation, all the national societies of Professional Orthodontist Associations in Europe.

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