



**HeySmile**  
aligners

HeySmile LEVEL 2 Course Programme

**Next Steps - Sequencing Movements and  
Applying Auxiliaries**



# COURSE Overview

## HeySmile® Level 2: Next Steps - Sequencing Movements and Applying Auxiliaries

**Next Steps - Sequencing Movements and Applying Auxiliaries in Clear Aligner Therapy** is an intensive, 14-hour professional development course held over two days, targeting dental professionals with foundational clear aligner training and clinical experience.

The course focuses on **advanced sequencing of tooth movements** and the integration of **auxiliary devices within clear aligner therapy** to address more challenging cases. The curriculum builds upon basic clear aligner principles, emphasizing advanced treatment planning and execution.

The **first day** covers sequencing tooth movements, highlighting biomechanical considerations for efficient and predictable orthodontic outcomes, considering various malocclusion scenarios.

The **second day** concentrates on auxiliary devices like thermopliers and elastics, teaching participants to incorporate these into comprehensive treatment plans for enhanced predictability. The course will conclude with the review and discussion of cases brought in by the participants.

Participants will conclude the course with a deeper understanding of clear aligner therapy's advanced aspects, equipped to manage a broader spectrum of orthodontic cases with improved clinical outcomes.



# Level 2 Training Programme

## Day 1

### Module 01: Staging and Sequencing Movements

- **Staging:** Definition and types of staging protocols.
- **Explosion Effect:** What it is and which cases benefit.
- **PIR Protocol (Proclination – Intrusion – Retrusion):** Definition and cases it benefits.
- **Frog Staging:** What it is and best movements for this protocol.
- **Sequential Distalization:** Definition and patterns (1/2, 1/3, in block) for different cases.

### Module 02: Guidelines for Different malocclusions

Guidelines regarding treatment options, staging and communication with the technician for the following malocclusions:

- **Class II – Div 1**
- **Class II – Div 2**
- **Deep-bite**
- **Open Bite**
- **Posterior Crossbite**

## Day 2

### Module 03: Auxiliaries Techniques

- **Auxiliary Techniques:** Definition and scenarios where they should be considered.
- **Elastics:** Usage, choosing size/force, elastic mechanics for Class II, Class III, posterior crossbite, severe rotations, and extrusions.
- **Bonus:** Virtual Jump while simulating elastic usage.
- **Buttons:** Bonding, making your own chairside (hands-on), pros and cons of buttons vs cutouts, troubleshooting fitting issues.
- **Thermopliers:** Types, useful scenarios, hands-on trials, troubleshooting fitting issues.

### Other considerations when finishing a case

- **Posterior Open Bite (POB):** Prevention, clinical interventions and refinement communication with the technician.
- **Occlusal adjustment:** Best practices and tips and tricks.

### Case Revision Session

Each doctor can bring one case for review. It could be an initial case or a refinement. Please note that cases up to revision should be uploaded into HeySmile Studio by 31/01/2025.

# ABOUT the lecturer



## Dr. Peri Colino Gallardo

*Academic Director of the Master's Degree in Clinical Orthodontics and Dentofacial Orthopaedics*

Dr. Peri Colino specializes in orthodontics, dentofacial orthopedics, and biomedicine. He is the head of the Master in Orthodontic and Dentofacial Orthopedic Program at Universidad Católica San Antonio de Murcia (MSD, Málaga) and an associate professor at Universidad Europea Miguel de Cervantes.

He obtained his Ph.D. from the University of Extremadura with summa cum laude distinction and his MSD in Orthodontic and Dentofacial Orthopedics from the University of Alcalá de Henares with Extraordinary Award; and is the author of three orthodontic textbooks and an active member of the Sociedad Española de Ortodoncia (SEDO) and the European Orthodontic Society (EOS).

In 2023, he has delivered 30 lectures in 11 different countries and is the author of three orthodontics books.

## HeyDoctor Benefits

### Already Certified?

Become a **HeyPro** with 20% off all cases after the HeySmile Level II Course is completed.

### New or Not Certified Yet?

Become a **HeyStarter** and get 2 cases at 40% off + 15% off for 1 year\* from your first case submission.

\* 1-year period counted from the date at which the first case was submitted to HeySmile via the HeySmile Studio platform [www.heyismilestudio.com](http://www.heyismilestudio.com). Offer is valid only for new HeySmile customers in the European Union. Offer may be redeemed only once. Additional T&Cs apply.

### Request more information

+ 34 648 12 41 40  
@ [sales@heysmile.com](mailto:sales@heysmile.com)  
@ [training@heysmile.com](mailto:training@heysmile.com)