



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

The HeySmile Level II Training is an advanced clinical course designed for doctors experienced in clear aligner therapy who want to deepen their knowledge of biomechanics, staging strategies, auxiliary tools, and complex case management. Across two intensive days, participants will gain practical skills to improve treatment predictability, efficiency, and case finishing — including hands-on activities and a live clinical case review session.

During both days, attendees will learn how to plan and execute more complex aligner movements, apply auxiliary tools effectively, and manage anchorage with advanced techniques like micro-implants. The training also covers occlusal finishing, retention strategies, and team communication with technicians.



HeySmile Training Programme | DAY 1

Keys on Diagnosis and Biomechanical Planning:

- Key elements of aligner diagnosis and case selection.
- Biomechanical concepts behind controlled tooth movement.
- Common challenges and how to anticipate them in the digital setup.

Staging and Movement Sequencing

- Overview of staging protocols and strategic sequencing.
- **Special movement protocols:**
 - Explosion Effect: concept and indications.
 - PIR (Proclination–Intrusion–Retrusion) protocol.
 - Frog Staging: definition and suitable movement types.
 - Sequential Distalization: options (1/2, 1/3, block) based on case type.

Malocclusion Protocols:

- Clinical approach, staging, and technician communication for:
 - Class II – Div 1 & Div 2
 - Class III
 - Deep-bite / Open Bite
 - Posterior Crossbite

Elastics & Anchorage Control:

- Elastic mechanics in aligner therapy:
 - Class II and Class III correction
 - Posterior crossbite
 - Severe rotations and vertical movements
- Force selection and elastic types: when to go light, medium, or heavy

Auxiliaries in Clear Aligner Therapy:

- When and how to use: buttons vs. cutouts.
- Troubleshooting: loss of tracking and fitting issues.

Hands-on Session (Afternoon):

- Tips & tricks to finish a case effectively.
- Practice with thermopliers

HeySmile Training Programme | DAY 2

Micro-Implants (TADs) in Aligner Therapy:

- What are micro-implants and how they integrate with aligners.
- **Indications for use:**
 - Molar distalization or intrusion
 - Deep bite or open bite correction.
 - Midline shifts and asymmetric mechanics.
 - Retraction in extraction cases.
- **Clinical mechanics:**
 - TAD + elastic configurations: IZC, buccal shelf, palatal anchorage.
 - Controlling force vectors for bodily movement and vertical control.
- **Practical considerations:**
 - Placement sites and timing-
 - Stability, hygiene, and patient communication.
- Summary of when TADs significantly improve outcomes with aligners.

Finishing Techniques:

- **Posterior open bite:**
 - How to prevent it
 - Clinical strategies if it occurs
 - Refinement communication with the technician
- **Occlusal adjustment:**
 - When and how to perform it during finishing
 - Tools and clinical criteria for selective grinding

Retention Protocols:

- Types of retainers: indications for fixed vs. removable.
- Protocols by malocclusion type.
- Patient instructions and follow-up strategies to ensure long-term stability.

Case Review Session (Final 2 hours):

- Each doctor may present one case (initial or ongoing) for group discussion and feedback.
- Case ID's must be submitted by **31/10/2025** to **training@heysmile.com**.

About the lecturers



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.



Elaine Fediuk

CDT, Head of CAD Design

Elaine Fediuk received her degree in Dental Technology in 2001 from CEPEO in Brazil. She dedicated her career to planning and manufacturing orthodontic and functional appliances as well as full removable prosthetics before starting to work with clear aligners in 2009.

With more than 26 years of experience from dental labs, Fediuk has completed over 9000 aligner case setups and worked for a number of renowned labs.

Throughout this time, she has always kept up with the latest technologies and the digitalisation of dentistry. Fediuk is Head of the CAD and Training Departments at HeySmile.

More information



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