

Summary

The topic of this bachelor thesis is as the title signifies the plastic aligner which is used for the active part of orthodontic treatment. The theoretical part summarizes basic findings related to plastic aligners which are known today. The historical development of plastic aligners, indications and contraindications, advantages and disadvantages are mentioned in this thesis. Different systems of aligners are also described in the theoretical part of this work. One chapter is dedicated to the issue of dental hygiene during active orthodontic therapy.

The goal of the practical part of this thesis was to find out the level of oral hygiene in patients during therapy. For the purpose of this study, the same number of adult patients with fixed orthodontic appliance were examined as the number of patients treated with aligners. The final number of examined patients was 40. Out of the results of the practical part, it is possible to consider the ability of removing the plastic appliance during and for the procedure of dental hygiene which could affect the overall oral health of patients. The level of oral hygiene in patients with aligners was 44.3 % better than the level of oral hygiene in the group of patients with fixed appliances.

Key words: plastic aligners, fixed orthodontic appliance, different systems of aligners, dental hygiene