

An introduction to Biobloc Orthotropics

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Abstract

The Biobloc Appliances are unique in encouraging forward growth of the face and aiming to create a subconscious closed mouth posture rather than move teeth. They are most effective at 6 to 8 years of age after which their effectiveness reduces until 25. However, some improvement can be achieved after that especially for Ear joint problems and sleep Apnoea. There are four stages, stage1 which widens the maxillary bone at 1mm per week gently softening the adjacent sutures at all ages allowing them to re-ossify in a wider forward position. At the same time, it lengthens the dental arch together with its supporting bone while allowing the tongue to maintain contact with the palate. The shelves on each side occlude with and widen the lower arch.

The stage2 retains the expansion during eating and active sports. The locks on the stage3 are adjusted to be uncomfortable if the child drops their jaw. Stage4 is used during the deciduous changeover and is the same as the stage3 but clasped on different teeth. The stage3 and 4 need to be worn 20 hours a day. There are various auxiliaries to train posture without the need for exercises.



Biography:

John Mew graduated in dentistry at University College London, and then trained in Orthognathic surgery. Seeking alternatives to facial surgery he moved to the speciality of orthodontics in 1965. Since then he has been developing non-surgical methods of correcting unattractive vertical growth in children's faces, using 'orthotropics' to encourage horizontal growth. A practising clinician, his principal research interests are the aetiology of malocclusion and the guidance of facial growth. Currently he is a retired professor of the London School of Facial Orthotropics and Visiting Professor to the Carol Davila University of Medicine and Pharmacy, Romania. He was honoured with life membership of the British Dental Association in 1999.



Speaker Publications:

1. The aetiology of malocclusion: can the Tropic Premise assist our understanding". British Dental Journal. 1981;151; :296-302.
2. John Mew, Facial Changes in Identical Twins Treated by Different Orthodontic Techniques. The World Journal of Orthodontics. 2007; 8: 174-188.
3. John Mew, Growth Direction Following Fixed and Postural Techniques: a Prospective Consecutive Study of Matched Cases. Journal of Gnathologic Orthopedics and Facial Orthotropics. 2015; 12-16.
4. John Mew, Visual Comparison of Excellent Orthodontic Results with Excellent Postural Results? Kieferorthopädie 2015;29(4):1-15
5. John Mew, Canine impaction: how effective is early prevention? An audit of treated cases. Stoma Edu J. 2015;2(2):114-119.

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