The C.D. Distalizer is a fixed orthodontic appliance used to distalize molars on either the upper or lower arch. Patients and doctors have had good acceptance due to its easy wear and adjustability.

Developed by Dr. Peter Ching, this fixed appliance can be used in either unilateral or bilateral configurations and allow doctors to gain up to 1 mm of molar distalization per month.

**Are all C.D. Distalizers the same?**

We don’t think so. At Johns Dental Laboratories, we have taken the C.D. Distalizer a few steps farther. We use a stronger wire (.036), which will give you less breakage and more bodily movement to the molars, with less crown tipping.

We have added a lingual guide tube (see photo) to deter molar rotation during distalization. We can also add a midline screw in the anterior region, which gives the appliance the ability to expand the arch laterally.

**What gives the C.D. Distalizer its strength?**

The use of the nickel titanium coil spring provides the force that creates such rapid molar distalization. A Gurin lock is placed anterior to the coil spring on the .036 wire. The lock is used to compress the coil spring to provide the necessary forces. A special wrench is used to loosen the lock so that it can slide distally to compress the spring.

**When are adjustments made?**

At each patient visit, approximately every three to four weeks, the Gurin lock is loosened and pushed distally to compress the coil spring. When the spring is compressed, the lock is tightened to keep the coil spring activated. Repeat this procedure at each patient visit until the molars are in their desired position.

**What does the appliance consist of?**

The appliance consists of an anterior segment, banding the first bicuspids, with a Nance button and lingual arch wire to act as anchorage. Vertical tubes are soldered to the buccal surface of the first bicuspid bands. A .036 wire, with a 5 mm spring, is placed on the molar band and then inserted into the vertical tube on the bicuspid band. A small bend is made in the .036 wire, at the gingival, to hold the wire in place. The end is heat-treated for ease of bending.

A similar appliance offered by Johns Dental is the “Inman Distalizer.” This appliance provides increased arch length by moving posterior teeth distally. An optional Nance button may be used in the lingual arch if sufficient anterior teeth are not present to anchor the appliance.

Clinicians who recommend the CD Distalizer:

Dr. Terry Spahl, Dr. Bob Gerety, Dr. Steve Galella, Dr. Derek Mahony and Dr. Jay Gerber