

INVISALIGN - "THE CLEAR BRACE"

Advances in dentistry and orthodontics (braces), now allows us to straighten and realign teeth without the need for metal braces or veneers. There is now a way of straightening your teeth to achieve a better smile using what we call "The Clear Brace".

This brace is nearly invisible and allows you to go about your daily business without anyone ever knowing you are having your teeth straightened. You can talk and smile, exercise, swim and sleep as normal with this system.

The Clear brace is a thin (0.75mm) mouth guard (clear positioner), that fits over the teeth. Using gentle pressure on the teeth it moves and derotates them so they become aligned. Each clear aligner is worn 22 hrs a day for 7 - 10 days. A series of these aligners are worn to achieve the desired movement.

We will give you a few aligners each time you come into see us to check how your treatment is progressing.

At the end of your treatment you are required to wear clear retainers every night, as this keeps your teeth in the desired position. Failure to wear these will result in relapse. It is important that you do not throw away your retainers for this reason. Tooth whitening will be performed using the aligners, so you can have a bright smile at the start and end of your treatment.

HOW LONG DO I WEAR THEM?

The current recommendation is 22 hrs a day, the only time you remove them is for brushing and eating and the odd social event. Obviously if you wear them for less than this, the treatment time will increase or the treatment will not work.

HOW LONG WILL THE TREATMENT TAKE?

After your assessment we send your photos, 3D-scan and X-rays to Invisalign. They will then send us a video of your tooth movements, and give us an estimated time frame for the completion of your treatment. 75% of cases are finished within 12 months.

CAN I BE TREATED?

80% of cases can be treated using INVISALIGN CLEAR BRACE system. There are some severe cases where a



certain degree of improvement can be achieved, but the ideal may require a referral to a specialist orthodontist for metal braces as these cases cannot be fully treated using INVISALIGN.

80% of cases can be treated using the INVISALIGN CLEAR BRACE.

WILL I HAVE TO HAVE TEETH REMOVED?

Generally we try to treat you without the need for tooth removal. In some cases we will need to take away a small amount of tooth enamel to create space to move your teeth, called IPR (interproximal reduction).

Small amounts of clear filling material called attachments are placed on some teeth to help move the teeth into their desired position. These are attached to the front of the tooth enamel, are almost invisible and are removed at the end of treatment. They do not in any way damage the tooth.

COSMETIC TREATMENT CAN ONLY BE PERFORMED IN A HEALTHY, CLEAN, ORAL ENVIRONMENT

THE ASSESSMENT

A full dental health check and assessment is required before treatment can begin, to make sure you have a healthy mouth, categorise you and set up a treatment plan to suit your unique case.

At the assessment appointment the dentist will take a series of photos, a 3D scan and may take up to date X-rays which are sent to INVISALIGN. Any remedial treatment will be discussed and quoted for.

The clinic then assesses your case and builds a video of your treatment plan. This plan may need slight tweaks

and adjustments before the plan is approved to be sent back to INVISALIGN and the aligners manufactured. At this point you can decide whether or not you want to go ahead with the treatment but 99% of clients go ahead when they see their teeth straightening in front of their eyes!

If you decide to go ahead consent forms are signed and decisions on payments are made before the aligners are ordered.

Before treatment begins, a full dental health assessment is required to set up a treatment plan to suit your unique case.

TREATMENT PHASE

At the fit appointment the dentist would usually polish in-between the teeth to be moved to give them the space in which to move. You will be given 2/3 sets of aligners to start with and you wear each set for 9 days. At following appointments, attachments may be placed and the teeth polished again to allow for further movement.

Then at each following appointment you are given another 4/5 set of aligners. The clinician will also see how your treatment is progressing every 4 to 8 weeks.

Sometime near the end of your treatment we may need to refine you plan to get the best possible result. At the end of the treatment you will receive some retainers which **MUST** be worn permanently on a nightly basis, but during the day initially.

At this stage whitening and contouring and bonding may be discussed to perfect your new smile. Your dentist will talk to you about this as your treatment progresses. Any extra costs will also be discussed.