

1. Consultation

At your first appointment we will discuss what it is you would like to change about your teeth. You will be shown some examples of what the brace looks like and some photographs of treatment carried out on other patients.

2. Planning treatment

Planning your treatment is very important. Your teeth may be crowded, spaced, rotated or they may not fit together properly. I need to work out how to make them straight and I will discuss this with you. I will take into account any teeth which may have had a dental problem (e.g. root canal treatment) in planning your treatment.

3. Making the Aligners – 4 Appointment's:

Appt 1: For this we need a very detailed accurate impression of your teeth. This takes 30 minutes.

4. Clincheck

Appt 2: This is the computer programme which is used to plan your



treatment in fine detail. I will show you the plan at your clincheck appointment. Alternatively, this could be E-mailed to you if it is difficult to attend the practice.

You will see exactly how we plan to change your teeth, where the attachments will be placed, how much interproximal reduction is planned, how long your treatment will take (based on the number of aligners) and the end result.



5. Fitting appointment

Appt 3: The first aligner will be fitted to your teeth and I will show you how to manage this. It will be checked to make sure it is working and comfortable.

It will be tight for the first 24 hours. This can be helped by taking analgesics, if required. The sensation soon eases off.

Your **speech may** be affected a little. You may lisp but with practice this improves quickly.

The appliance is very smooth and generally does not rub too much. If the edge catches your cheek or tongue you can smooth it down with a nail file. Your cheeks soon become accustomed to the brace.

6. Attachments

Appt 4: At your next visit (45 Minutes) the



attachments are placed. These are small white composite (a type of plastic) shapes, bonded to the surface of some teeth. They allow the plastic aligner to grip the teeth securely and move them properly. You will have been shown where these are to be placed at your clincheck appointment.

A further 4 sets of aligners will be given to you and your next appointment will be made 8 weeks later.

You will be advised how often to change your aligners.

7. Interproximal Reduction

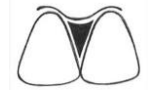
This is a way to gain some space to allow teeth to fit properly. I remove a very thin (fraction of a millimetre) width of enamel between certain teeth. While this reduces the thickness of the outer enamel coating by a fraction it does not reduce the strength of the teeth and their resistance to decay. There will still be a good covering of enamel on your teeth afterwards.

This is programmed into your treatment from the beginning and is a way to gain space and avoid the need

for extractions. We will discuss this at your clincheck appointment.

8. Black Triangles

These can appear between



teeth

as they are straightened especially if the teeth are crossed over to start with. As they are brought into line the space at the gum margin may become too wide for the gum to fill in. I will advise you if this is likely at the planning visit.

To hide the appearance of these black triangles I will reduce the width of the teeth at the biting edge (as in 7 above) and this brings the gum edge of the teeth closer. The gum will often fill in the space.

The second method is to have your dentist add some white filling material between your teeth to hide the space.

9. Wearing the Aligners

You need to wear the aligners 22 out of 24 hours per day for them to be effective. You will find this a challenge at first but you will soon adapt. They should be taken out to eat, drink and clean your teeth. Drinking water with them in is fine.

At the end of two weeks you move onto the next pair of aligners, if the current pair are fitting really well. This is key to a successful outcome.

You will have 4 sets of aligners at home. If there are any problems simply contact the practice for advice.

10. Chewies



These are little plastic tubes which I may ask you to bite into at home to seat the aligners fully onto your teeth.

11. Cleaning

Clean them each time you take them out of your mouth. This can be under running water or with soapy water. Do not use toothpaste because it is too rough on the plastic.

12. Lost Aligners

If you lose a set of aligners then either go back to the previous aligner or jump to the next one. Replacements can be ordered but this will waste time and a fee will be charged.

13. Finishing

At the end of treatment I will polish off the attachments and provide retainers. We will discuss the best type of retainer for you.



14. Revision and Mid-Course Correction

Occasionally I may need to make a few more aligners to complete the movement of your teeth or if you have had a very complex treatment we may need to remake the aligners half way through your treatment. There will not be an extra charge for this.



My Invisalign Smile

15. Retention

Retention of the result is very important. Without retaining the teeth in their new position they will try to slip back towards the position they started. This is true for any type of orthodontic treatment. To prevent this I will provide retainers which are either removable or bonded (fixed) to your teeth. These will be made here at the practice.

Align technology make Vivera Retainers which are extremely comfortable and **without doubt the best retainers available**. There is an additional fee for these to be fabricated. Many patients like these retainers because they are more streamlined and fit as well as the aligners did.



16. Payment

I will advise you of the fee for your treatment before you start. This can be paid over the course of your treatment (without additional interest) or paid in full at the start and attract a small discount. You will be provided with all the paperwork for this with the letter outlining your treatment which I will send after your initial consultation.

17. What type of Invisalign Treatment will you need?

INVISALIGN FULL Treatment can manage almost any orthodontic problem. Teen is the same but aimed at adolescent treatment.

INVISALIGN LITE is a short course of treat lasting up to 6 months for simple problems.

INVISALIGN i7 is only for very simple problems.

18. How much will treatment cost:

INVISALIGN FULL (and TEEN)	£3600
INVISALIGN FULL (if extractions are required)	£3900
INVISALIGN LITE	£2500
SINGLE ARCH	£1900
INVISALIGN i7	£1900
SINGLE ARCH	£1500
VIVERA REATINERS (3 SETS)	£300



Invisalign Information Leaflet

41 Dumbarton Road, Stirling. FK8 2QJ
01786 475997
stirling@centralortho.co.uk

18 Meeks Road, Falkirk. FK2 7ES
01324 632160
falkirk@centralortho.co.uk

