



What is INVISALIGN

Invisalign is a modern solution to straightening your teeth without wires. Clear, smooth and durable plastic is custom moulded into a set of nearly invisible aligners that snap into place over your teeth. Every week, you exchange your aligners for a new set that slowly straighten your teeth to their correct positions. Invisalign was developed by Align Technology together with leading orthodontist. And it works- over 7 million patients worldwide have made Invisalign their clear choice.

How to get started

The first step is to make sure if Invisalign is right for you. In most instances, it will work just as well as traditional braces, but for severe straightening or re-spacing, traditional braces may still be preferable.

One of our experienced orthodontists will work with you to customize your Invisalign program. Once you decide to go forward with Invisalign, the aligners are made to custom-fit your teeth, and your teeth only. The number of aligners varies for each person. You will wear your aligners about 22 hours every day, except to eat, brush and floss. Every week, you switch to a new set of aligners. The aligners will gradually move your teeth into their final prescribed position

How to use Invisalign day to day

The best part of Invisalign is that nobody else needs to know you are straightening your teeth. You wear Invisalign 22 hours a day, including while you sleep.

When you have Invisalign, you take off your aligners to eat and clean your teeth.

A visit to your orthodontist should be planned every 4-6 weeks to review your progress and allow for modifications if necessary. At the end of your treatment, your attachments will come off and your friends and family will only notice that your teeth somehow seem healthier and that you seem more confident as a result.

One advantage to Invisalign is that you can remove your aligners for cleaning. Remember to floss and brush daily to avoid cavities and to keep your smile as white as it is straight.

The difference between Invisalign and Traditional Braces?

When weighing the pros and cons of Invisalign, you will need to consult with our orthodontist to discuss what is best for YOU. That being said, Invisalign offers several advantages over traditional braces.

You can remove Invisalign – The fact that you can take off Invisalign for meals and dental care is another big reason patients choose it over traditional braces.

On the other hand, there are a few reasons why traditional braces might be the better option for you, and you should consult our orthodontist to make sure Invisalign is the best treatment option:

Some Treatments Require Traditional Braces – Invisalign works well for many patients, but in severe cases traditional braces work best. Our dentists tend to prefer traditional braces for severe overcrowding or if compliance of the patient is poor. There might occur an additional fee for the fixed braces.

Lifestyle Choices – Depending on your personal habits, you might not want to adjust how much coloured food you consume(e.g. berries, curry etc). If this is the case, Invisalign is less effective because the adhesive used to bond your aligners and your aligners themselves can become stained, removing a key benefit of Invisalign.

What kind of side effects are there with Invisalign?

Earlier in this leaflet we mentioned mild discomfort that can occur when you first start wearing your Invisalign aligners. Like a night guard, Invisalign aligners are artificial and fit over top of your teeth. Naturally, they will take some time to adjust to, and you may even find yourself removing the aligners subconsciously when you sleep. After some time though, you will adjust and forget you are wearing them at all.

Eating and drinking with Invisalign

The main benefit of Invisalign is that you can continue eating all the foods you enjoy without making any changes in your diet.

You may need to change your lifestyle and the times of day you eat, drink and snack. You must never wear your aligners while eating or drinking anything other than cold water as they can become distorted easily with heat.

Anything that contains sugar or acid can sit on your teeth beneath the aligners and will prevent your own natural saliva, that fights bacteria throughout the day, reaching your teeth which can cause plaque or even decay over time.

You will also need to clean your teeth and your aligners after every snack, drink or meal.

Will Invisalign cause me to speak differently?

There may be temporary change to your speech initially while getting used to your new aligners, however this subsides after a few days once your tongue gets used to them being there.

How to keep your aligners clean

The best way to clean your aligners is with a very soft toothbrush and a small amount of your daily toothpaste. You can also purchase cleaning tablets that dissolve in water to use occasionally if you feel that your aligners need freshening up.

Attachments

Often Invisalign requires tooth coloured attachments to be fixed to the teeth to facilitate their movement. This is not optional and the position and shape of the attachments is pre-set by Invisalign. If patients request that these attachments be removed or not placed in the first place we may make the decision not to proceed with treatment.

Bite

During the treatment, your bite will change every day. This will make certain teeth experience more pressure than others; this can cause pain, joint discomfort, headaches, and neck ache. Unfortunately, this is just something that has managed with painkillers.

As discussed at your consultation to aid with levelling and aligning of your teeth and allow for the correct positioning and settling of your bite, you may require your bite to be moved out of the way to prevent your bite from interfering with tooth movement progress and accidentally knocking brackets off. To do this we place small blocks on the teeth these are either added to the tooth surface for non-customised braces or built into the brace for customised braces. They will be placed either at the front behind the teeth or at the back on top of the teeth, placement will depend on your individual bite

The change in the bite might cause the teeth to come apart from each other – this is known as a change in the vertical dimension.

The only way to correct the vertical dimension in orthodontics is with elastics. These are small rubber bands that are placed from the top to the bottom. These elastics are worn for a certain period during treatment depending on the case. Slight visibility is inevitable! If needed **Daily elastic use for 22 hours is necessary** and compliance is particularly important to correct your bite or midline shifts and to achieve the best results possible for you.

Advantages of Invisalign®

- Although they're not invisible, Invisalign aligners are still very discreet and your orthodontic treatment will for the most part go unnoticed (You will still see the attachments on the teeth).
- Because you can remove your aligners to clean your teeth, it makes it easier to keep up a good oral hygiene routine and keep your teeth sparkling clean throughout your treatment.
- Invisalign aligners are designed to be comfortable, and there are no metal brackets or wires to potentially irritate the inside of your mouth.
- If you're a teenager or a kid, there's an Invisalign brace just for you: it features wear indicators to make sure you're wearing your aligners for long enough each day. And it also allows for the eruption of your permanent teeth.

Disadvantages of Invisalign®

- Invisalign aligners will also take some getting used to and can cause you to lisp. The more you practice speaking the quicker this will improve.
- Invisalign is very discreet but the aligners do cover the front of your teeth, so some eagle-eyed friends might notice that something is different.
- Invisalign aligners only work while you are wearing them, and to be effective you need to wear them for a minimum of 22 hours each day. So, if your willpower is weak and you think you may end up taking them out more than you should, then a removable brace might not be right for you.
- To move teeth in a certain direction, your orthodontist may need to attach small Invisalign buttons to your teeth, and they can make your treatment less discreet.
- Invisalign aligners dictate how your teeth will move and your orthodontist will not have the same level of control they would with a fixed brace. This sometimes makes it difficult to achieve very precise results. Therefore, you might need one or more refinements after all aligners have been worn