



## 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.

## What is Invisalign First?

**Invisalign First** is a revolutionary orthodontic treatment available for children whose teeth are still growing in. If you want to provide your child with the positive benefits of Invisalign from a young age, Invisalign First may be the solution for you. The treatment is covered for a period of **12 to 18 months** only and normally that is all what is needed at this age.

**Invisalign First** is used to make corrections in the positioning of growing teeth. Invisalign First is available exclusively for children as an alternative to braces and other appliances.

As a result, the Invisalign First system includes unique features for dental arch expansion and creates room for incoming adult teeth.

### 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 functional devices?

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 functional appliances.

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

**Invisalign First is not as bulky than traditional functional appliances** – Therefore our kids are loving it more and can wear it much longer. The more they wear the more movements happen.

**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.

## Early Orthodontic Treatment

Although there is not an exact age to start orthodontic treatment, both American and British Association of Orthodontists recommends visiting the orthodontist around age seven to make sure that jaws and teeth are growing at a normal rate. This will allow the orthodontist to diagnose and if needed, correct the tooth and jaw alignment as soon as they are detected.

**An orthodontist is a dental specialist whose expertise lies in the field of correcting bites, occlusion and straightening of teeth. After obtaining their dental degree an orthodontist completes three additional years of education in an accredited orthodontic program.**

### WHAT IS THE TWO-PHASE TREATMENT AND WHAT ARE THE ADVANTAGES?

Two-phase orthodontic treatment is a specialized process which combines orthodontics with dento-facial orthopedics. This allow the orthodontist to change the growth rate of the jaws and the facial bones when the patient is young. Two-phase treatment is important because it maximizes the opportunity to accomplish the ideal healthy, aesthetic, and functional result that will remain beautiful throughout your life.

A confident smile and good oral health make a great difference in your child's well-being and self-confidence at this critical time of their life. Although braces for teens are more common, braces for children can ensure better end results as your child continues to grow and develop.

## WHAT HAPPENS IF TREATMENT IS DELAYED?

Delaying Phase One orthodontic treatment can result in a need for more aggressive and lengthy treatment later in life that may not completely fix the skeletal issues since the growth cannot be modified anymore. In these cases, early treatment is essential for achieving ideal and lasting results.

## HOW DOES THE TWO-PHASE TREATMENT WORK?

Orthodontic treatment is planned and carried out in 2 phases with resting/monitoring period between them.

### The Advantages of Interceptive Orthodontic Treatment for Your Child

Your child will benefit from the phase one treatment in the following ways:

1. Proper growth and development of jawbone and teeth
1. A strong foundation for timely and correct eruption of permanent teeth
2. Reduced risk of tooth and jawbone injury
3. Lower risk of gum tissue damage and speech problems
4. Reduced possibility of expensive and extensive orthodontics treatments in future
5. Lesser chances of teeth grinding, cavities, and periodontal diseases
6. Boost in their self- esteem

### Phase 1 treatments: Interceptive treatment for young patients (6-10 y.)

Early treatment can be in a patient's best interests if their problem is one that could become more serious over time if left untreated (e.g. crossbite, increased overjet, open bite, habits).

Our aim is to

- Intercept the developing problem
- Eliminate the cause
- Guide the growth of facial and jaw bones.
- Provide adequate space for incoming permanent teeth.