



Clear aligners

What are Aligners?

The Aligner system is a popular form of orthodontic treatment designed to improve specific teeth simply and in small increments. Usually, a number of appointments to adjust the aligner will be required to achieve your improved smile. The number necessary is reliant upon the complexity of your case.

What are the benefits of using Aligners?

Clear Aligners are almost invisible, very easy to wear and are an attractive alternative to fixed braces. Speech can be impeded during treatment. You will be able to brush and floss your teeth normally. They are ideal for patients who wish to solve simple relapses and those who have mild crowding.

What is the process of using Aligners?

Once you and your Orthodontist have discussed treatment with Aligners, impressions will be taken of your teeth and sent to the lab along with a lab sheet outlining the proposed treatment.

How long do I wear each aligner for?

Each aligner should be worn for approximately one-two weeks, at the direction of your orthodontist. After this period the aligner should fit well, at which point it will be time for adjustment.

How much is treatment?

ACCUSMILE® ALIGNERS full treatment cost from £3,300.00

What are the risks involved with Aligners?

Treatment with Aligners has proven to be successful but with every form of orthodontics there are certain risks involved, which need to be considered before undertaking treatment.

The main risks are as follows:

- A lack of compliancy, poor oral hygiene, and missed appointments lengthen treatment time.
- Regular check-ups are required and instructions need to be followed perfectly. If appointments are not attended, completion may be delayed and successful treatment is not guaranteed. A compliant patient is the most important element of a successful treatment.
- When wearing the aligner some discomfort may be experienced. This should pass after the first few days.
 - Speech may be affected for the first few days as well, again, this should pass.
 - Teeth and jaw structure naturally change throughout our lives. Only retainers will minimize further movement of the teeth, which are usually required on a long term basis. Failure to comply with wearing the retainer after treatment as directed can result in tooth movement, sometimes back to their original position (relapse).
- Root resorption is a breakdown of the root structure of the tooth and in very rare cases a tooth can lose vitality ('die'). Root resorption is a very rare side effect of Aligners but can potentially occur.
 - The aligner must be worn full time, and only removed when eating or brushing teeth. Tooth decay is possible if the patient is not careful when consuming sugary food and drinks whilst wearing Aligners.
- A common side effect of orthodontic treatment is the appearance of the so called 'black triangle effect' which follows considerable tooth movement. This has been known to occur when treating patients with Aligners.
 - The likelihood of a Aligner breaking is minimal, however, if a patient is missing multiple teeth or if a patient grinds there is a higher risk of aligner breakage.
- If a patient is using bisphosphonates to treat bone diseases, the teeth may not be able to move. A vital component of aligner treatment is osteoclastic activity which can be hindered when using bisphosphonates. Therefore, it is advisable to ensure that patients are not currently taking any bisphosphonates when undergoing clear aligner treatment and for patients to seek advice from their GP.