



Your Smile Specialist
— SMILE WITH CONFIDENCE —

Guide To Invisalign





Jennifer

My journey to Invisalign perhaps was not a straight forwards one, if you will excuse the pun! As a child I damaged my front tooth and now, in my late 20s, I decided I wanted to sort it out once and for all. After consulting with a cosmetic dentist regarding fitting of a veneer, I was informed that I would need to get 4 veneers fitted in order to match my teeth up perfectly or get orthodontics!

Honestly the word orthodontics frightened me!

Upon meeting Michelle, my local Smile Specialist, I was put completely at ease and she explained that I was the perfect candidate for Invisalign. My worries were thrown aside when I realised how truly discrete the aligners were. Funnily enough in the six months that I wore them some of my own family didn't even notice that I was wearing them. I really think that says a lot for a girl who never stops smiling and showing off all her teeth.

Invisalign are exactly that- invisible, they can be easily removed if there is a special occasion in your life, and most importantly comfortable to wear.

I often take a bite of my cereal in the morning and only then realise that I had forgotten to take them out.

I would highly recommend this treatment to everyone. Six months ago I believed I had straight teeth but Invisalign has actually transformed my whole smile, and I have gained a whole new level of confidence! Michelle and all the girls have been an absolute pleasure to deal with and have always gone above and beyond for me! It like walking into a group of friends when ups walk into the clin-ic.

So if you're considering theist all, just for for it!



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What is Invisalign & how does it work?

What do they look like?

The aligners are virtually invisible and look similar to teeth-whitening trays. A series of Invisalign aligners are custom-made to gradually move your teeth as determined by Your Smile Specialist Orthodontist.

How do they straighten teeth?

Treatment is carried out slowly, in a controlled manner with a series of aligners. The aligners gradually move your teeth into the correct position. Aligners are changed every 1-2 weeks. Your Smile Specialist will design your treatment to give you an amazing smile: straight teeth, a good bite and a proper centre line. Why settle for less?

Why is Invisalign better than traditional braces?

Aligners are virtually invisible, so no one might even notice that you are wearing them. They are the discreet choice.

Aligners can be removed for eating, playing sports and playing musical instruments but must be worn for about 22 hours per day. This minimises disruption to your normal lifestyle. Unlike traditional braces, there are no metal brackets and wires to irritate your mouth.



What's the treatment process?

How long does treatment take?

The length of treatment depends on the complexity of your case and can only be determined by Your Smile Specialist. However, the average treatment takes about 12 to 18 months.

How do I get started?

Step 1, make an appointment with your local Smile Specialist. We provide a free initial consultation.

We will assess the type of treatment you need and discuss all treatment options with you. All our Smile Specialists are fully qualified and registered Specialist Orthodontists. You can trust us to provide all your options.

Can I go to any dentist to be treated with Invisalign?

Not if you want the best treatment that you deserve. Your Smile Specialists are all real orthodontists. We can help with crooked teeth, overbites and underbites, cross-bites, spaces between teeth, overcrowding of teeth, and the treatment of temporomandibular disorders (TMD). We have the skills needed to give you a great smile and the technical and theoretical knowledge to tackle complications that dentists can't assess.

How often must I wear my aligners?

You really need to wear them for at least 20 hours per day and only remove them for eating, brushing and flossing.

How often must I see my Smile Specialist?

Every four to six weeks.

What are "attachments"?

These are small anchor points that are attached to your teeth. They help your aligners grip the teeth, making it easier to move them into their correct position. They are virtually invisible.



How Will It Affect My Life?

What are the primary benefits of Invisalign?

Unlike braces, you have the flexibility to remove your aligners to eat and drink what you want during treatment. And you can also remove the aligners to brush and floss as you normally would, for fresh breath and good oral hygiene. And of course, treatment is super discreet.

Does it hurt?

Some patients experience temporary discomfort for a few days at the beginning of each new stage of treatment- as they change aligners. This is normal, and discomfort typically goes away in a couple of days.

How long will treatment take?

Treatment times vary, but most treatments take between 12 to 18 months to complete.

Can I just wear the aligners while I sleep?

No. You really need to wear them for at least 20 hours per day.

Will they affect my speech?

Just like regular braces, you may have a slight lisp for a day or two. But you should adapt within a week, and the lisp should disappear.

Are there restrictions on what I can eat?

No. Simply remove them while eating, brush, floss and pop them back in!

Will smoking stain the aligners?

We discourage smoking. Tobacco smoke will stain your aligners.

What can I drink whilst wearing my aligners?

Be wary of sugary drinks and alcohol. Sugar will rot your teeth, so getting a sugary drink between your aligners and teeth is not a good idea.

How about gum?

Try sugar free but not while wearing your aligners.

Will they come off as I sleep?

It is very unlikely. The aligners are designed to fit firmly on the teeth, so this should not be a cause for concern.

Why should I trust Invisalign and Your Smile Special-ist? How many patients have been treated with Invisalign?

More than 4 million patients worldwide.

What are aligners made of, and what do they look like?

The virtually invisible aligners are made of a thermoplastic material and do not contain hazardous plastics or chemicals. These aligners are made with medical-grade resins.

How old is the company?

Align Technology, Inc., the manufacturer of Invisalign, was founded in 1997. Your Smile Specialists have a minimum of 10 years clinical experience as Specialist Orthodontists.



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What happens at the end of treatment?

Will I need to wear a retainers?

Yes, Your Smile Specialist will provide you with retainers to wear. These will need to be worn every night. You'll need a new set every year.

What type of retainer should I use?

Your Smile Specialist will recommend retainers to you. Options include removable retainers that look similar to aligners and bonded retainers that are glued to the back of your teeth.

What if I've had braces before?

I had braces many years before, but my teeth have since moved. Can Invisalign fix this?

Aligners are a great way to quickly and discreetly treat patients who have suffered from unwanted movement. This tends to happen when patients do not wear their retainers. So please wear them as directed!

I have veneers. Will aligners work with them?

It is possible. Your Smile Specialist will let you know at your free initial consultation.

I have bridgework on several teeth. Will Invisalign still work?

I'm afraid not. But Your Smile Specialist will discuss options that will work for you.

Can I go to any dentist to be treated with Invisalign?

Not if you want the best treatment possible. Your Smile Specialists are all real orthodontists. Orthodontists receive an additional 3 years of full time specialist orthodontic training. Dentists do not, and as such can miss many of the issues and complications that an Orthodontist can spot.

Your Smile Specialists have completed tens of thousands of treatments and created many beautiful smiles.

In most cases there is little or no price difference between quality treatment from a Specialist Orthodontist and a general dentist, however, you can trust a Specialist Orthodontist to have all the knowledge and skills needed to give you excellent treatment and a smile for life.

Your Smile Specialist can help with crooked teeth, overbites and underbites, cross-bites, spaces between teeth, overcrowding of teeth, and the treatment of jaw disorders.

We have the skills needed to give you a great smile and the technical and theoretical knowledge to tackle complications that dentists can't assess.

We don't compromise on care or quality, nor should you.



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Ready to start treatment?

Select Your Smile Specialist from the list of local Smile Specialists and let's get started. Your initial consultation is free; we'd be delighted to discuss all your treatment options with you.



The Clear Alternative to Braces