

10 Things you need to know about Invisalign

1. What is Invisalign?

Invisalign are orthodontic devices, a type of braces used to straighten your teeth. This treatment uses custom-designed clear aligners that helps adjust/correct the position of your teeth so that it gives you a lovely confident smile.



2. How will they look?

Aligners are made from a CLEAR Thermoplastic material and are specially designed for your case. As seen in the picture below, aligners are clear, therefore are almost invisible, fact that gives you the confidence of wearing them anywhere, anytime.

3. Can I eat/drink with Invisalign in my mouth?

YES! Simply remove them each time you eat and enjoy all foods that you would normally have.

Drinking is possible while wearing them, BUT is very important to remember to remove and brush as soon as possible or if you cannot brush straight away, at least remove and rinse as soon as you can. Hot drinks could ruin the aligners and drinks such as coffee, tea, red wine should be avoided as it could stain the aligners.

4. Do they hurt?

You can expect a slight discomfort with this treatment but in general they are less painful than traditional metal braces.

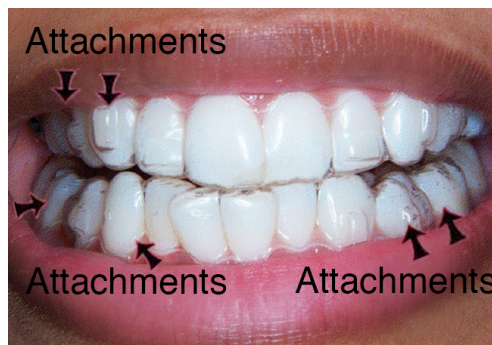


5. Why choose Invisalign?

- Invisalign are custom-designed so that you straighten your teeth comfortably
- They are more aesthetic than other braces because they are almost invisible being made from clear material as seen in the picture above.
- A great advantage is that the aligners are removable. Our patients love Invisalign because they can brush and floss their teeth as normal, they can eat/drink as normal without being afraid that a wire may snap or food will get stuck in between the wires.
- With Invisalign you have less pressure on your teeth, therefore you will experience less pain.
- You do not have to visit your orthodontist as often as with traditional braces and less chances you will need emergency appointments.

6. What are attachments for Invisalign?

In general, your orthodontist is choosing to use attachments if the case is more severe/serious. Attachments are small dots made from tooth coloured composite and placed on certain location on your teeth to provide extra grip for the aligners. They are specially designed to move your teeth in a certain way in order to get the teeth straightened quickly and effectively.



7. Why would I need attachments?

These attachments are helping to ease the movement or rotation of your teeth in a direction that your aligners on its own wouldn't do. It makes the process much more effective. After achieving the desired results, these attachments will easily be removed by polishing them off without affecting your teeth in any way.

8. How often do I need to change the aligners?

Aligners in general are recommended to be changed every 7 to 14 days depending on the case and the movement of your teeth. You will be recommended to wear your aligners 22 hours per day for good results.

If you happen to lose any of your aligners you need to inform your orthodontist and wear the previous one until you will be provided with a new one.

9. What is IPR?

IPR also called polishing or striping, is a dental procedure that is used for cases when teeth are overcrowded and there is not enough space to move teeth in a certain desired position. There are cases where teeth need to be taken out in order to make space for teeth to move in the desired position when braces are worn.

10. Will I need refinements?

After Invisalign treatment there are cases where the teeth have not moved into the desired position as expected. This in general happens in more severe cases with severely crowded teeth. Refinements are used to perfect the teeth straightening results. This means that another mould of your new smile will be taken and you will be provided with a new series of aligners to help tidy up the final movements that you may need to achieve the perfect smile.



