



What is Invisalign?

Invisalign is an orthodontic method of straightening your teeth. Classically straightening teeth through orthodontics has been achieved through “train track” braces. Thanks to Invisalign, the clear alternative to braces, this is no longer the case! Custom made clear trays (aligners) are made to fit your teeth which are to be worn no less than 22 hours every day. You will be provided with a number of aligners which you will need to progress through on a weekly or bi-weekly basis. On progressing through the aligners, forces are applied to the teeth to push and move them into the new desired position.

How do we createspace?

Your teeth are crowded because there is insufficient space in the arch of your jaws to fit them in an aligned fashion. Interproximal reduction (IPR) is a method used to create space to be able to perfectly align your teeth. This involves gentle smoothing of your teeth at the point they contact the neighbouring teeth (image). This will create space between the teeth which will allow the teeth to be aligned. This process is very common in all orthodontic cases, and no more than 0.5mm per gap will be removed, however typically only 0.3mm is needed – this could be 0.3mm from one tooth, or 0.15mm from each tooth or any variation in-between.



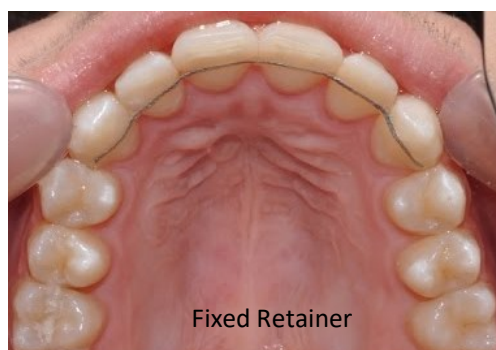
What are Attachments?

Attachments are tooth coloured filling material “handles” for the aligner to transmit the appropriate forces to the teeth, to move them in the desired direction. The image below is the original starting position of this patient’s crowded teeth. Below that and to the left are the tooth coloured attachments present on those teeth that required them. Below and to the right is the same patient with the attachment removed and almost completed with his treatment.



How do I keep my teeth well aligned?

After you have finished your course of Invisalign and your teeth are well aligned, it is important to retain them in this new position. Unfortunately teeth have a sort of memory, whereby they will revert to their original crowded position if left un-retained. Included in the Invisalign price are both upper and lower removable and fixed retainers. These are rigid clear plastic trays that you must wear every night to keep your teeth in position. A “fixed retainer” is a small metal wire that is hidden at the back surface of your teeth to permanently hold your front teeth in position.



Are there any risks of Invisalign?

Undergoing any dental treatment incurs certain risks and Invisalign is no different. The main risks include (but are not limited to):

- 1) Gum recession – the process of moving your teeth into a new position can cause some gum to recede. This may be of concern to you if you show a lot of gum when you smile. This can also cause some mild sensitivity. Each treatment plan is customised to greatly reduce the chances of this occurrence.



- 2) Black triangles – this is where a gap appears between your teeth. If this happens, don't worry. We will be able to close the gap either by making more aligners to close them (at no extra cost), or by adding a tooth coloured filling material. Often, small black triangles like the ones seen below disappear on their own as the gum re-establishes itself between your newly positioned teeth



- 3) Nerve death – this is where the nerve of the tooth or teeth being moved dies off. This is a rare complication of orthodontics but a risk non-the-less. It is of greater risk to those teeth already with large fillings or crowns present. If this happens root canal treatment will be required
- 4) Root resorption – The most rare risk, this is where the roots of the teeth can shorten in length. This can lead to tooth mobility. This is very rare especially with the light forces that Invisalign place on your teeth. This is more commonly seen in those patients who have undergone extensive courses of orthodontics in the past or have had significant trauma to the teeth. It is important to inform your dentist of any past orthodontic treatments or past trauma to your teeth



X-rays showing normal roots prior to treatment (left hand side) and shortened roots after treatment (right hand side)

INVISALIGN INFORMATION SHEET

How much does it cost?

The cost of a course of Invisalign is £3,500.

What this includes:

- 1) Full clinical photographs and x-rays before treatment
- 2) Upper and lower Invisalign silicone impressions
- 3) 3d digital representation of your teeth to customise your final teeth positions together
- 4) All aligners – no limit on how many you need!
- 5) All tooth coloured attachments placement and removal
- 6) Retainers – both fixed and removable
- 7) Free tooth whitening solutions at the end of your alignment process

What is not included?

- If you are not already a patient of our practice, we will need to ensure that you have no dental problems. After your free consultation, should you be eligible for Invisalign treatment and you wish to go ahead, we will need to carry out a full dental examination prior to commencing treatment. This will be at a cost of £62
- Replacement of lost aligners - £200 each (up to 3 lost aligners only)
- Altering the shape of your teeth – sometimes wear facets can occur in your teeth when they are not in perfect alignment. On aligning your teeth, these wear facets may become more apparent. Should you wish to restore the original shape of your teeth, then bonding of tooth coloured filling materials can be done. This is typically at a cost of £100 per tooth
- Relapse – If you do not wear your retainers (both fixed and removable) your teeth may relapse into their original crowded position. Should this happen as a result of not wearing your retainers and want to re-correct the alignment, you will have to pay for the Invisalign treatment again.
- Future Retainers – everything has a lifespan and dental retainers are no different. Ultimately you may wear though your removable retainer or may break your fixed retainer. To replace these will be at extra costs in the future.

Each Invisalign case is different, and each patient will have a different length of treatment with a different number of aligners. This makes it difficult to have a specific appointment plan; however an initial breakdown of the appointments and costs is likely to be as follows:

Appointment 1: When you have decided to go ahead with Invisalign, photos, x-rays and impressions will be taken. At this appointment you must pay a £500 non-refundable deposit

Appointment 2: A digital representation of your teeth and the proposed movements and their final positions will be shown to you. If you are happy with the final position of your teeth the plan will be submitted to Invisalign. At this stage you must pay £1500.

Appointment 3: At this appointment we will provide you with your first aligners, show you how to put them in and take them out. There will be further appointments, the number of which again will be determined by the length of your treatment. The balance of the treatment costs can be spread out over these appointments.

Should you wish to have any more information, please do not hesitate to contact us to arrange your free consultation.