

# Teeth straightening with Invisalign

ELMSLEIGH HOUSE

— DENTAL CLINIC —

At Elmsleigh House Dental Clinic we offer a range of solutions to straighten or move most children's and adults' teeth.

One of the solutions we offer is Invisalign – a removable aligner that can fix a large range of teeth straightening issues, such as overcrowded teeth, widely spaced teeth, crossbites, overbites and underbites.

## What is Invisalign?



Invisalign can straighten teeth using a series of nearly invisible aligners that are custom made to fit your teeth. Unlike traditional fixed braces, there are no metal brackets or wires.

Using advanced three-dimensional computer-imaging technology, your

dentist can plan your Invisalign treatment from the initial position of your teeth to the final desired result. You can see your virtual results before you even begin, so you will know how your teeth are expected to look when treatment is complete.

Your series of clear aligners are then custom-made to fit snugly over your teeth. They are made from a strong medical grade thermoplastic material, uniquely developed for the Invisalign system.

Although aligners should be worn all the time they are removable, giving you the flexibility to eat and drink most things during treatment by simply removing them. You can also remove aligners to brush and floss as usual, but you should fit them in place afterwards.

Each aligner is worn for up to two weeks before being replaced by the next in the series, gradually moving your teeth towards the projected final position; your Invisalign treatment timings will be determined by your dentist. The average treatment time is between 6 to 18 months, depending on your specific needs.

## How does Invisalign work?

Invisalign aligners work by placing controlled levels of movement on the teeth. Unlike traditional braces, Invisalign not only controls the amount of movement per aligner, but also the timing of the movement. So at each stage only certain teeth are allowed to move, as per the Invisalign treatment plan for that particular stage. This results in an efficient force delivery system that moves teeth into the desired prescribed position.

# Some frequently asked questions

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## Is Invisalign suitable for everyone?

Your dentist will determine whether Invisalign is a suitable solution to straighten or move your teeth into the correct position. We also offer alternative systems to straighten or move children's and adults' teeth; your dentist will advise the best system for you.

## Will the aligners affect speech?

The vast majority of patients report no effect on speech. However, as with traditional orthodontic appliances, there is an initial period of adjusting to having aligners in your mouth.

## How often must the aligners be worn?

Aligners should be worn all the time during treatment, except when eating, brushing or flossing teeth.

## Are there restrictions to what I can eat during treatment?

You can eat most things during treatment because you remove your aligners to eat and drink; however, we advise to be careful with food such as crusty bread, which can damage the attachments. It is important to brush and floss your teeth after each meal and before reinserting your aligners to maintain effective oral hygiene.

## What is the best way to clean my aligners?

The best way is by brushing and rinsing your aligners in lukewarm water and using cleaning crystals or special cleaning tablets.

## Once treatment is complete, is a retainer necessary?

If you want your teeth to remain in their ideal position, it is best to wear a retainer as directed by your dentist.

## Who will I see for my Invisalign treatment?

Sarah Francis offers general and cosmetic dentistry and has a special interest in Invisalign to straighten adults' teeth. Kostas Spathoulas is our Specialist in orthodontics, offering a range of systems to move children's and adults' teeth into the correct position. Both offer a FREE Invisalign consultation to determine if this would be a suitable solution to straighten your teeth.

To book your free Invisalign consultation or to find out about our range of dental treatments at Elmsleigh House, contact the Welcome Team on 01252 713797 or visit [www.elmsleighhouse.co.uk](http://www.elmsleighhouse.co.uk)

