



A NEW SMILE

Today's orthodontic technology offers three fantastic ways to upgrade your smile discreetly. Cosmetic dentist Dr Roger Tiang explains how.

Technological advances are making dental treatments easier and better than ever before, and teeth-straightening is no exception. An impressive selection of new orthodontic developments make the process less painful and obtrusive than traditional "railway tracks". Modern straightening techniques apply less force on your teeth, meaning far less discomfort as you progress towards your new smile. What's fantastic is that you don't have to wait years to see the benefits of treatment – computer technology instantly shows you a preview of the result.

Which method should you choose for your extreme smile makeover? Here, leading cosmetic dentist Dr Roger Tiang of Downtown Dental outlines what modern options are available to you right now. (For a individualised treatment plan, you will need a personal consultation.)

INVISALIGN

Combining an old concept with modern technology, Invisalign uses clear plastic "aligners" to gradually shift teeth. With

nearly a million people having had this treatment already, Invisalign is the answer to discreet, easy straightening.

The aligners are only noticeable from close up. There is minimal discomfort as there are no sharp bits to dig into your lips and cheeks, and Invisalign's outstanding benefit is the aligners are removable! You can take them out for that special occasion, to eat and to brush and floss your teeth.

The only downsides are that the cost and treatment time are slightly more than comparable braces treatment. Invisalign can't be used for all cases – but it is a fantastic option for many smiles.

DR ROGER TIANG
COSMETIC DENTISTRY &
NON-SPECIALIST ORTHODONTICS
Downtown Dental, Auckland
Ph: (09) 302 7066
Northcare Dental Centre, Hamilton
Ph: (07) 850 5100
www.straightteeth.co.nz

CERAMIC BRACES

With ceramic braces the dentist applies a white ceramic bracket to each tooth, allowing the braces blend into your smile. Although not as invisible as Invisalign, ceramic braces are an excellent solution to crooked teeth. The cost is only marginally more than metal braces and the teeth move very quickly and efficiently, making this one of the faster treatment options. These braces can be prone to staining but scrupulous dental hygiene will prevent this.

LINGUAL BRACES

These braces bonded to the inside of the teeth, rather than the outside. They are the ultimate "sneaky" treatment – there is absolutely nothing on the outside of the teeth. They are more technically demanding than other braces so cost significantly more and their effectiveness relies on the experience and training of your dentist. Some people find lingual braces uncomfortable for the tongue.

To find the perfect method to address your crooked teeth it is crucial to find an experienced and highly trained expert. Dr Roger Tiang has travelled worldwide learning from some of dentistry's leaders in cosmetic dentistry and orthodontics. With clinics in Auckland and Hamilton it is easy for you to find out how simple it might be for you to have your dream smile. Remember, it's never too late and you are never too old to have your smile straightened!

THE LATEST TECHNOLOGY

