

# TEETH STRAIGHTENING

*There's more than one way to straighten TEETH, even if you're well past your teens. How do you like the idea of quietly having YOUR SMILE RE-ALIGNED, without the need for a FULL-METAL grin?*

Invisalign is a barely visible, step-by-step method of orthodontic therapy to straighten teeth. More than 500,000 patients worldwide have been treated since the system was introduced in June 1999.

**Q. HOW DOES INVISALIGN WORK?**

A. Invisalign uses a series of transparent, custom-made aligners that gradually move teeth to the right place. These removable aligners are difficult to detect - a far cry from 'Ugly Betty' braces. You take the aligners out to eat and drink and then clean your teeth and floss before putting them back in. About every two weeks you change to the next set of aligners.

**Q. DOES IT HURT?**

A. Invisalign aligners are more comfortable than metal braces because they don't have any sharp parts which can cut the lips, tongue and cheeks. You may notice a little discomfort caused by pressure on the teeth.

**Q. HOW LONG DOES IT TAKE?**

A. Just as with regular braces, the time it takes to achieve the desired result varies depending on what your teeth were like to start with. Treatment for the 'average' case is around 11 months, provided you stick to wearing your Invisalign aligners for the recommended 20 hours a day.

**Q. CAN I EAT AND DRINK AS USUAL?**

A. You need to remove the aligners for eating and drinking, with the one exception of plain water. This is to prevent tooth decay and avoid damage to the aligners. When your aligners are out you can eat and drink as normal, unlike regular braces which are notorious for getting stuff stuck in them.

**Q. HOW MUCH DOES IT COST?**

A. The cost of Invisalign is generally slightly more than conventional braces, however the price varies from case to case. In some situations Invisalign can cost less.



**Q. WILL IT WORK FOR ME?**

A. You'll find out at your consultation appointment. If Invisalign is right for you, the fitting process can begin. After taking dental impressions, x-rays and photographs of your teeth, your dentist will send the information to Invisalign's headquarters in the USA. A computer creates a three-dimensional model of your current smile, and the desired end result. The custom software then simulates each step of the straightening process, so that your custom-made set of medical grade plastic aligners can be produced.

## WHERE TO GO

DOWNTOWN DENTAL

Dr Roger Tiang

Cosmetic Dentistry & Non-specialist Orthodontics

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## ABOUT DR ROGER TIANG

Dr Tiang is a member of the American Academy of Cosmetic Dentistry; a director and founding member of the NZ Academy of Cosmetic Dentistry; a member of the NZ Dentists' Orthodontic Society; and a member of the International Association for Orthodontics. He is the first, and currently only, New Zealand dentist to have achieved Invisalign Platinum Provider certification. This award recognizes his experience and commitment to excellence with Invisalign.