

# Invisalign®

## Information Guide



### WHAT IS INVISALIGN®?

Invisalign® is a series of custom made, removable, plastic aligners used as an aesthetic alternative to braces to straighten teeth.

### HOW DOES INVISALIGN® WORK?

Invisalign® aligners are custom made for each patient, with each aligner being slightly 'tighter' than the last.

The aligners are worn for a minimum of 22 hours each day and are changed every 2 weeks. Each aligner set will achieve on average 0.25mm of movement.

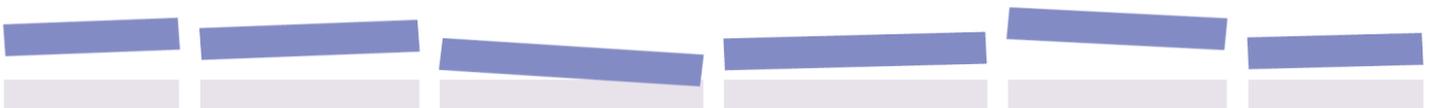
You will need small tooth-coloured attachments to be placed onto your teeth to assist in tooth movement. These attachments help the aligner grip onto your teeth and are easily polished off once active treatment is complete.

### THE ALIGNERS

The Invisalign® aligners will be given to you in bags of upper and lower arch pairs, with each set separated by a re-sealable bag. Your name, client code and the number of the aligner set will be printed on the bag to avoid confusion.

### IS INVISALIGN® BETTER THAN FIXED BRACES?

Invisalign® and fixed braces are two different orthodontic treatment options. One is not necessarily superior to the other; they are simply alternative ways to straighten teeth. Your orthodontist will advise you which treatment option is best suited to your particular bite problem.



## APPOINTMENT SCHEDULE

The aligners are custom made for each patient. This means you will need a few appointments before you are able to start your active treatment.

### 1. Impressions

Silicone impressions will be taken of your teeth and bite. These will be sent to the technicians in America to scan and create your custom Clincheck treatment plan video.

### 2. Clincheck Approval

A Clincheck is a video that is created using digitised versions of your teeth. The technicians work together with your orthodontist to plan your treatment in detail. Once your orthodontist is happy with the Clincheck treatment plan, we will give you a call to let you know. You are welcome to come in for an appointment with your orthodontist or treatment coordinator to watch the video or we are happy to email you a simpler version of the video that you can watch at home. If you are happy with your treatment plan and predicted result, we will click the 'Approve' button and your aligners will be manufactured.

### 3. Starting Active Treatment

Once your aligners have been received by the practice, you will come in for a one hour appointment to fit any attachments you may need and to introduce you to life with Invisalign®. Once this appointment is complete, we will generally give you 2-3 sets of aligners and see you again every 4-6 weeks to continue your treatment.

### 4. Refinement

Once you reach the end of your aligners, your orthodontist will decide whether or not you need a refinement. This is necessary in all but a few patients in order to 'perfect' the result. For complicated cases, more than one refinement is sometimes needed. These refinements are generally included in your treatment fee.

### 5. Retainers

When you complete the active stage of your Invisalign® treatment, you will be given a fixed (bonded) wire retainer on the top and bottom teeth and a removable retainer. This is necessary to maintain the result.



Pure Orthodontics

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