



# Invisalign®

## Important

Invisalign® aligners need to be worn for a minimum of 22 hours a day. They are to be removed for eating, drinking and brushing your teeth.

You need to see your general dentist regularly for a check-up and clean during your treatment. We recommend that you have seen your general dentist prior to the commencement of Invisalign® treatment.

## What happens next?

A scan, photographs and x-rays will be taken so that your doctor can start designing your treatment.

It takes approximately 5 weeks for your aligners to arrive, at that appointment we will go through instructions on how to care for your aligners, and your attachments will be placed by the hygienist.

## Attachments

These are placed at the start of treatment. They are small tooth coloured bumps that are glued onto your teeth. The size, shape and position are determined by the doctor and are different for each person.

Placement of the attachments provides an 'anchor-point' on the selected teeth, around which an Invisalign® aligner can grip for a specific movement. They are essential to achieve a desirable outcome and they remain on the teeth until the end of treatment.

Attachments on teeth with aligners



Attachments on teeth without aligners



### Interproximal reduction (IPR)

For an ideal Invisalign® result, the majority of patients require IPR. IPR is the selective removal of a miniscule amount of enamel from certain teeth; it has been used in orthodontics for many years and is very safe with no long term side effects. IPR is done using fine strips to remove the contact between two teeth. This technique enables the doctor to gain space, move crowded teeth, improve the contours of teeth and ensure they fit together correctly. IPR sometimes allows Invisalign® to treat without the need for tooth removal.

In less complicated cases, IPR may not be part of the treatment plan but is still required to remove contacts between the teeth at each appointment, so they can move without friction.



### Elastics

To correct bite concerns, elastics can be worn with your Invisalign®. The elastics need to be worn for the same amount of time as the aligners eg 22 hours a day. They can either attach to your Invisalign® or to a small metal button that is glued onto your teeth. Everyone has to wear their elastics differently; we will show you the way we would like you to wear them.

Elastics and aligners in smiling



Elastics and aligners in close up



### Pontic for missing teeth

When the removal of any tooth/teeth is required, to ensure that you do not have a gap visible while the space is closing, we will place a small amount of tooth coloured material in your Invisalign® aligner so that the space is not noticeable while your aligners are in.

Missing tooth and attachments on



Aligner in with pontic in place



### **Bite ramps**

When a deep-bite is present or when there are generalised bite issues, we use bite ramps to aid in this correction. The bite ramps are built into the aligners and they are a vital part of treatment, without them we are not able to achieve a good outcome.

Deep-bite



Bite opened due to bite ramps



### **Additional aligners**

At various points throughout your Invisalign® treatment we will need to take a new scan, updated photographs of your teeth, and we will need to design more aligners for you to continue towards achieving the desired outcome for your smile. This is a normal part of the Invisalign® process and something we allow for in your total treatment timeframe.

When you receive your additional aligners, we may need to place more attachments, remove selected attachments, start elastics or perform additional IPR, to ensure all teeth are moved into optimal position.

