

## **What should I expect from Clear Aligner Therapy?**

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### **What is Clear Aligner Therapy?**

Commonly known as ‘Invisalign’ or ‘Aligners’, Clear Aligner Therapy uses a series of 3D-printed transparent aligners to move your teeth. In comparison to conventional metal braces, Aligners offer improved comfort, ease of hygiene, and control of movement as well as a much more subtle appearance.

Invisalign® is not the only company that makes clear aligners, Spark Clear Aligners® is Invisalign’s largest competitor. Both products are used at our clinic and are both highly effective. There are small technical differences between Spark and Invisalign, so the product chosen is based on each individual case.

### **What can Clear Aligners do for my smile?**

By gradually moving teeth to more favourable positions, Clear Aligners can greatly enhance your smile. Whether your teeth look crowded and overlapped, spaced out, or crooked – orthodontics can help align the teeth to create a harmonious smile. After treatment, the clear retainers can also function as bleaching trays helping to create brighter and whiter teeth!

### **What can Clear Aligners do for the health of my teeth?**

Well aligned teeth are easier for you to clean and maintain at home. Additionally, they are less likely to create areas where food gets stuck or where plaque tends to gather. This greatly reduces the risk of cavities and gum / bone disease. When comparing adult patients with well aligned vs poorly aligned teeth, it’s remarkable how much healthier well aligned teeth are. Cleansibility and alignment play a significant role in keeping your teeth for life.

### **How do Clear Aligners move my teeth?**

By using digital design and 3D printing technology, a series of Clear Aligners are made, each Aligner gradually changes shape to be more ‘perfect’. The small change in shape of the aligner applies a force on each tooth, encouraging them to move. In order to apply specific forces to teeth attachments (aka. buttons) are bonded to the teeth. These ‘buttons’ are tooth-coloured and tend to blend in, but are not completely invisible – they look like small bumps and are only placed on some teeth.

### **Will Clear Aligner Therapy make my teeth perfect?**

Aligners will move your teeth to more favourable positions and can undoubtedly enhance nearly every smile. However, it will not change the size, shape, or colour of your teeth. By adding a small bit of filling material that is matched to the colour of your tooth, we can modify the size and shape. If colour is a concern, bleaching can be done after Invisalign is complete to brighten your smile! Note that treatment to change the shape or colour of your teeth are not included within the Invisalign fee.

### **How much does treatment cost? Are there flexible payment options?**

The cost of treatment depends on the amount we need to move your teeth (and therefore, the number of Aligners required). The exact price can only be determined once we take a 3D digital scan of your teeth and X-rays, then use computer software to assess required movement.

In general, the price range is:

- Mild-moderate Case = \$3000 to 4100
- Moderate-major Case = \$4000 to 5500

We do have flexible payment options – after an initial down payment we can separate the rest of the fees into monthly payments.

### **Will my insurance or health spending account contribute to the cost?**

If your dental insurance covers orthodontic treatment you may have coverage. We would be happy to help you check. You may use health spending allocations towards dental treatment.

### **How long does treatment take?**

Duration depends on how much the teeth need to move. Mild cases take 2-5 months, moderate cases take 4-8 months, and major cases may require 6-18 months.

### **When my teeth are moving - will it hurt?**

You may experience mild discomfort during the first couple days after changing Aligners. The discomfort can be mitigated effectively with Tylenol or Advil, but usually isn't necessary.

### **Is Clear Aligner Therapy safe?**

Our dentists will always explain all the potential risks with each patient prior to treatment. We plan every case carefully and have frequent monitoring visits to help minimize complications. There are however, rare instances where unfavourable changes occur to teeth and/or gums.

### **Will my age impact treatment?**

Aligners are for everyone! Whether you are graduating high school or celebrating your retirement, Invisalign is an effective and safe way to enhance your smile. As long as your oral health is fair and you don't have several untreated cavities or gum and bone disease, you are suitable for orthodontics. At our clinic we typically only offer Invisalign to patients who are at least 15 years old, but each case is assessed individually.

### **Will my teeth move after I finish treatment?**

After any type of orthodontic treatment, it is important to wear retainers to keep your teeth in place. Up to 4 sets of retainers are included in the treatment cost, they should be worn 3-4 nights per week for as long as you want your teeth to remain in the same place.

### **How can I move forward with Clear Aligner Therapy?**

To go ahead with treatment, the first visit is an 'orthodontic consultation'. We will discuss your treatment goals, run a simulation, and complete a full assessment. A fee of \$200 is required for this appointment. If you have any questions about Invisalign treatment, call our office, or ask at your next cleaning!