



INVISALIGN

THE CLEAR ALTERNATIVE TO BRACES

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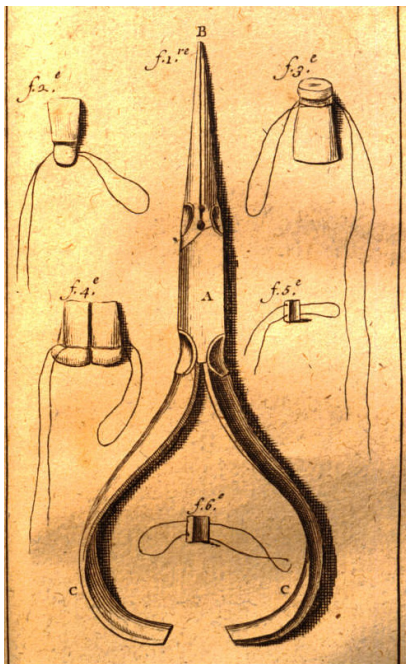
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INTRODUCTION

There's no question that straight teeth enhance your smile and appearance. Even the ancients knew that straight teeth were important. Archeologists have found mummies with metal bands on their teeth connected with catgut.



In the early 1700s, orthodontia entered the modern world when Pierre Fauchard published *The Surgeon Dentist*. Dr. Fauchard used an iron device to expand the palate and allow more room for crowded teeth.

Beyond the cosmetic issues of straight teeth, however, are several very important functional and oral health issues. When your teeth are not correctly aligned, it increases wear and can affect your bite. It may also cause the tooth enamel to wear excessively and contribute to jaw pain and headaches. Teeth that are too

crowded, crooked or too widely spaced can also increase the risk of tooth decay. Crowded teeth, for example, are especially hard to floss and clean properly. Your jawbone also needs the exercise it gets from chewing to stay strong and healthy. When your bite is "off" the bone may not get that exercise.



WHAT IS INVISALIGN?

Invisalign is an alternative to traditional metal braces. It consists of a series of clear plastic molds or aligners that gradually move the teeth. Each aligner is shaped slightly differently and puts the necessary pressure on the teeth to move them into the desired position. The aligners are made using computer-assisted design based on molds of your teeth and according to a specific treatment plan for your individual situation.

You change aligners about every two or three weeks. No other dental appliances are required and the aligners are removable for oral hygiene and meals as well as special occasions. Unlike metal braces, which must be adjusted, Invisalign treatment means a quick in-and-out orthodontia visit about every six weeks.



INVISALIGN VS. METAL BRACES

The Invisalign system is very different from traditional metal braces and has some significant advantages. First, Invisalign is made from clear plastic. Metal braces are clearly visible when you open your mouth; many people won't even notice the Invisalign aligner. Second, Invisalign is removable. This makes it easy to perform flossing and brushing or other routine preventive oral care. The removable aligner also means no dietary changes are required (for example, people with metal braces are usually advised not to eat popcorn, which can break wires or brackets). Treatment with metal braces often means that one or more teeth must be removed when the teeth are badly crowded; that's not the case with Invisalign.



Although there are some variations in metal braces, Invisalign is the only one that is both removable and virtually invisible. Lingual braces are placed on the inside of the teeth. While they are not as visible, they still have all the

disadvantages of metal braces and are harder for the orthodontist to put on and adjust. Self-tightening braces are still visible metal braces. Veneers can give the appearance of straight teeth, but they do nothing to correct the functional problems of crooked, crowded or widely spaced teeth. In terms of cost, Invisalign is usually comparable to the cost of traditional metal braces. What really affects cost is the length and complexity of the treatment, not the type of orthodontic system used.

BENEFITS OF INVISALIGN

One of the greatest benefits of Invisalign is the removable aligner. It means no dietary changes - often of significant importance to teens, who want to eat what their friends eat. However, it also means that when a special event like a wedding or senior prom comes up, the patient can go without the aligner for a few hours. Invisalign can be used in many of the same situations for which traditional braces are usually recommended (however, it may not be effective in cases of severe malocclusion).



Since Invisalign is smooth plastic, it doesn't rub on the tongue or gums, or cause sore spots. The aligners are also less likely to affect your speech as traditional braces sometimes do. Finally, Invisalign truly is nearly invisible.

AM I A CANDIDATE FOR INVISALIGN?



Patients of any age can wear Invisalign aligners. However, older teens, adults and seniors generally do better with Invisalign for several reasons. First, their teeth have stopped growing. It's nearly impossible to make a set of aligners for someone whose teeth are constantly changing. Second, they have the necessary self-discipline to wear the aligner about 22 hours a day. For the younger teen or child, a removable aligner is just too easy to remove if it's uncomfortable.

There are also some considerations besides age. Mild to moderate orthodontic problems respond to Invisalign, but really severe problems, like a large overbite, need more advanced orthodontia to shift the jaw. Invisalign is successful in cases of gapped teeth, crowded teeth, most overbites and underbites, crossbites and crooked teeth.



WHAT IS THE TREATMENT AND PROCEDURE FOR INVISALIGN?



The first step in wearing Invisalign is an assessment by an orthodontist. He or she will determine whether your problems can be corrected with this system. Next, your orthodontist will take measurements and pictures of your mouth and teeth, and create molds of your teeth with a special kind of soft plastic. All the records are sent to Invisalign, where technicians enter the information and picture into a computer system. There may be several conversations between the orthodontist and Invisalign before the aligners are actually made, as they must be custom-fitted to your mouth and move the teeth just the right amount.

Your orthodontist will put on the first aligner and give you instructions for care. You'll change the aligners periodically according to instructions and return for an orthodontic visit about every six weeks.



WHAT ABOUT PATIENT SATISFACTION AND COMFORT?



As with any dental appliance, it takes a while to get used to wearing the Invisalign aligner. Some people experience a sense of pressure on certain teeth, but this is usually minor. Most patients are very satisfied with the comfort of the aligners. And of course, there are no issues with broken wires poking you or metal rubbing on sensitive gums or the tongue.



WHAT SHOULD I EXPECT FROM INVISALIGN ONCE I AM FITTED?

Like all orthodontic systems, Invisalign aligners gradually move the teeth into the correct position. In most cases patients change to a new aligner about every two weeks. Every three months or so, you'll get a new series of aligners. The length of treatment can be as short as one year and as long as three. It really depends on what your oral health issues are, how faithfully you wear the aligners and how your teeth respond to treatment. You do need to remove the aligner to eat (in fact, you can't eat with the aligner in as you can't bite or chew properly), but otherwise you should wear it about 22 hours a day.

WHAT HAPPENS AFTER THE ALIGNERS?



Unlike some kinds of treatments, there is no actual recovery process with Invisalign. However, you should expect to wear a retainer for at least a year after your treatment is finished to ensure your teeth stay in the correct position. After that, live happy and confident and don't forget to smile!

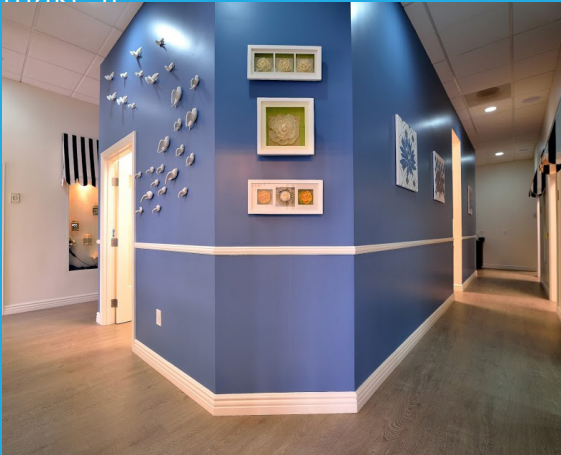
ABOUT OUR PRACTICE



Dr. Hadis Reyhani, Dr. Ben Reyhani, and Dr. Pasha Hakimzadeh, DDS, provide a wealth of combined experience, along with innovative technology and personalized care, to help improve our patients' dental health so they can enjoy smiling again.

We provide you with a luxurious treatment. A visit to the dentist can be a scary thought, but at

Downey Family Cosmetic Dentistry we are committed to providing a comforting dental experience that begins the moment you check in and doesn't end until you leave the building. From the inviting, spa-like atmosphere with exam-room televisions, free WiFi, complimentary snacks, beverages, and warm face towels, to our friendly, experienced doctors and staff, we want to ensure your visit is as special as we can make it.



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