



Please read all of this information very carefully. Invisalign can only work if a patient understands and carries out their role.

Invisalign is the invisible way to straighten teeth using a series of custom made aligners. An initial assessment will be carried out by Frances Mackay who is an Invisalign certified orthodontist.

Frances will write a treatment plan and take impressions of your teeth which are sent to USA for your precision customised aligners to be made. You wear each set of aligners for 2 weeks, moving your teeth gradually until you have achieved your intended result.

First Appointment

We discuss what you desire and explain how the technique works and its advantages. We will also give an estimate of the treatment cost and an approximate timescale. (£90.00 for assessment).

Second Appointment

We can discuss in greater detail what we can achieve and how. We consider facial shape and bone structure and detail the 'look' we are going for.

Impressions for study models and X-rays and photographs are taken together with more detailed impressions which are then couriered to California, as the aligners are made in the USA.

£350 is charged for the planning process and payable today. This amount is deducted from the treatment cost if you do go ahead but forfeit it you cancel.



Third appointment

4-5 weeks after the last visit, Invisalign will have created a computer simulation of your teeth as they move that they send to us. This enables you to see how your teeth will eventually look and give you a more accurate estimate of how long treatment will take.

This stage is called Clin-Check and is usually an actual appointment where we meet to review the plan OR we can email the plan for you to show friends and discuss at home.

When you are happy with the plan, you need to decide how to pay for your treatment. The cost of the treatment is:

£1500 for Invisalign I-7 must be paid if full at the time of ordering aligners.

£3200 for more simple treatment with up to 14 aligners.

£4600 for upper and lower Invisalign with an unlimited number of aligners.

£4600 for Invisalign Teen

You have 2 options:-

- ❖ Full payment by cash, bank cheque or card
- ❖ Pay 50% of total fee now and the balance 6-12 months later.

Fourth appointment

3-4 weeks after agreeing the Clin Check, active treatment starts: we have the aligners ready and may need to do a little preparation of the teeth. Frequently small "buttons" of tooth coloured adhesive are bonded to teeth to allow better retention of the aligners and control of tooth movement. This will all be discussed at Clin-Check.

It now takes 5-18 months for the teeth to become straight. We would see you at intervals that vary from 4-8 weeks according to the nature of the treatment.

As the teeth near the end of treatment you have slightly more frequent appointments to help get the final details right. You usually wear your last aligner for at least 4 weeks full time then 4 weeks night time.

We will provide retainers to wear at night, for at least a year, to keep everything looking good.



Practical Odds and Ends

Here are a few notes which are the result of my personal experience of the technique, and feedback from our patients.

Try to wear the aligners for as close to 24 hours a day as you can. The best results have definitely been with patients who 'threw themselves at it' and wore the aligners religiously, except when eating/drinking and cleaning them. If you wear them for 23 hours and allow them to drift for 1 hour, that is a total 'gain' of 22 hours per day. If you only wear them for 16 hours and let them drift back for 8, that is a net gain of 8 hours, it is unlikely to work.

Only use tepid water when cleaning them. Even with lukewarm water, one or two patients have found that the aligners lose some shape and are less effective.

Keep all your old aligners

Most patients say that if there is a 'low point' it is the first 24 hours of the first aligner. They experience difficulty in getting them in and out and although ache and pains tend to be rare, the pressure from the aligners is most on the first day of each new one. There have been a few instances where the first 4 days of the very first aligner have made the teeth and jaw ache, but this usually settled down for the rest of the treatment. Similar to 'train track' orthodontics, people may find that treatment tips the balance towards more headaches. This may be a particular issue for people unfortunate enough to suffer from migraines.

If you have trouble removing an aligner, try the end of a spoon, a cuticle stick and/or try rinsing your mouth with warm water. Don't panic! People always get the hang of it in the end.

Occasionally a particular tooth proves difficult to move and the 'move' of the teeth may not be a 100% accurate prediction. We will try and identify in advance any tooth that may be obstinate, but as a general warning, occasionally we might need to resort to an old fashioned brace to fine tune our result. Some teeth simply may never be the way we want them.

Orthodontics can usually move teeth into a pleasing 'straight' formation but it won't make the teeth bigger or smaller, so as a finishing touch we occasionally manicure the teeth to improve appearance. Any crowns or veneers needed at the end would be done by your dentist and involve additional costs.

If in doubt about anything at all, do please drop me a line or ring up. I would rather have a 'fussy' patient for whom we get a great result, than someone who 'didn't like to trouble me'.

FREQUENTLY ASKED QUESTIONS

What if my aligner has a sharp edge?

If there is an edge annoying your tongue or cheek then don't wait for it to become an ulcer. Get a nail file, nail scissors or similar and trim or smooth the plastic edge by 1mm.

What if a new aligner doesn't fit like the others?

First check the inside surface carefully. The mould on which they are made is also made of a clear plastic and sometimes a little bit has broken off and remained in the aligner. If you find that has happened, flick out the rogue piece of plastic.

Occasionally an aligner seems to be a bit melted. Keep it for evidence but don't wear it.

If you are unsure then wear the last aligner for an extra 7 days then 'skip' over the dud aligner and wear the next one.

If in doubt please contact me at the Carisbrooke 0116 2707030

Will the teeth feel odd when I eat?

Yes, usually. The teeth that are on the move can ache a little when eating, and don't always meet at the back. This settles down when the teeth get to the end of treatment.

For more information visit <http://www.invisaligh.co.uk>