

Invisible Treatment

For A Beautiful Smile



We talk to consultant orthodontist, implantologist & aesthetic laser dentistry specialist Dato' Dr. How Kim Chuan of Beverly Wilshire Dental Specialist Centre about Invisalign, the treatment that no one can see.

Dato' Dr. How, many people still think that braces are the best and only way to straighten teeth. What are the new options available nowadays?

Dato' Dr. How Kim Chuan: Yes, for many, many years, braces were the main option for people who wanted straighter teeth. Of course, they could have had caps or veneers as well but if you want to maintain the structural integrity of your own teeth then braces were the main option.

But the advent of Invisalign has changed all that. Invisalign can treat a wide range of cases including crowding, spacing, crossbite, overbite and underbite. You can also eat whatever you want because, unlike braces, it allows for good hygiene as you can take off the aligners to brush and floss your teeth thoroughly.

And as the name suggests, the plastic aligners that are used are invisible. Unlike the "metal mouth" effect you get with braces, the Invisalign aligners can't be seen during treatment.

What cases can be treated with Invisalign?

Invisalign can correct a wide variety of difficult dental conditions. It can correct gapped teeth – which can cause gum disease. It corrects an overbite, where the upper teeth bite over the lower teeth, as well as an underbite, where the lower teeth protrude beyond the upper teeth. It can treat an open bite, over crowding or a crossbite. Whether your teeth are widely gapped, very crowded or in between, Invisalign has a treatment option available.

Given that Invisalign uses plastic aligners and braces are metal, wouldn't these aligners be prone to breakage?

Each Invisalign patient gets an individualised treatment plan. Each aligner is custom made specifically for the patient. Unlike metal braces, these aligners are made of strong, smooth, clear BPA-free plastic that won't irritate the cheeks or gums. Every two weeks or so

you change to a new aligner. The aligners gradually bring your teeth to their desired position.

While the question of breakage rarely arises we have noted that teens in particular have a habit of misplacing their aligners. As such, we give teens up to six replacement aligners during treatment.

Does treatment with Invisalign take longer than braces?

Every case is different but generally treatment will take about a year for adults. For teens it will take about two years. This is comparable to braces. But because the aligners are clear, you can actually enjoy the improvement earlier than you would with braces.

Do the Invisalign aligners affect speech and eating at all?

As mentioned above, you can eat pretty much anything you like. You can also take the aligners out for cleaning. The aligners do not affect speech at all. You

will be able to speak normally at all times. For the best results, however, you should wear the aligners for 20 to 22 hours a day throughout your treatment.

So, how does a person sign up for this treatment and what happens in the initial stages?

You have to go to an Invisalign practitioner like myself. Our doctor will take X-rays, photos and impressions of your teeth. Invisalign will then create a three-dimensional image of them. From this precise, personalised, treatment plan, your doctor will be able to show you a virtual representation of how your teeth will move and shift into place. Once you are in agreement with your treatment the aligners are made for you and you are on your way to a beautiful smile!

For more information, go to www.invisalign.com or <http://beverlywilshiredental.com>



Can you spot the difference? – Without wearing the aligner.



Wearing the aligner.



Before and after treatment with Invisalign.



ALL PICTURES COURTESY OF DATO' DR. HOW KIM CHUAN.