

Clear Aligners

Information Guide



WHAT ARE CLEAR ALIGNERS?

Clear aligners are a series of custom made, removable, plastic aligners used as an aesthetic alternative to braces to straighten teeth.

HOW DO CLEAR ALIGNERS WORK?

Clear aligners are custom made for each patient, based on a plan put in place by your orthodontist. Each aligner gradually moves the teeth with each aligner being slightly 'tighter' than the last.

The aligners are worn for 22 hours each day and are changed every 1- 2 weeks depending on how quickly your teeth move.

Small tooth-coloured attachments are bonded to your teeth to help them move. These attachments help the aligner grip onto your teeth and are easily polished off once active treatment is complete.

THE ALIGNERS

The aligners will be given to you in numbered bags of upper and lower arch pairs. Your name, client code and the number of the aligner set will be printed on each bag to avoid confusion.

ARE CLEAR ALIGNERS BETTER THAN FIXED BRACES?

Aligners and fixed braces are two different orthodontic treatment options. One is not necessarily superior to the other; they are simply alternative ways to straighten teeth. Your orthodontist will advise you which treatment option is best suited to your particular bite problem.



APPOINTMENT SCHEDULE

A couple of appointments are required to custom make and fully insert your aligners.

Appointment 1: Intra-Oral Scan (10 mins)

A 3-D digital scan is taken of the teeth and forwarded to the aligner manufacturer whose technicians follow the orthodontist's instructions to create the individualised treatment plan.

A "Clincheck" video is created which simulates the treatment outcome. Once the orthodontist has made any necessary adjustments and is happy with the Clincheck treatment plan, it will be forwarded to you. You are welcome to come in for an appointment with your orthodontist or treatment coordinator to go through this video, which is sometimes necessary if multiple treatment options exist. If you are happy with your treatment plan and predicted result, we will click the 'Approve' button and the aligners will be manufactured.

Appointment 2: Starting Active Treatment (60 mins)

Once the aligners have been received by the practice, a one hour appointment is organised to fit attachments and to introduce you to life with aligners. You will also be shown how to use Dental Monitoring, a tele-dentistry platform that enables us to closely monitor your treatment from the comfort of your own home.

Future appointments

Most people are given all aligners and are only required to come into the practice when necessary.

Refinement

Once you reach the end of your aligners, your orthodontist will decide whether or not you need any additional aligners. This is necessary in all but a few patients in order to perfect the result. For complicated cases, more than one refinement (set of additional aligners) is generally needed. These refinements are generally included in your treatment fee, but is dependent on the inclusions in the aligner package selected for you.

Retainers

When you complete the active stage of your clear aligner treatment, you will be given a fixed (bonded) wire retainer for the lower teeth and a removable retainer for the upper teeth. This is necessary to maintain the result and is a life-long commitment.

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