

The Patient's Guide To

Clear Aligners



MEADOWS DENTAL
GROUP

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Introduction

Everyone knows that straight teeth give you a beautiful smile. Did you know that straighter teeth can also affect your overall health? Crooked or misaligned teeth also known as malocclusion affects 74 percent of American adults. Left untreated, crooked teeth can lead to periodontal disease and create abnormal amounts of stress on teeth and jaws which can lead to premature wear.



The effects of crooked teeth can worsen over time and may adversely affect your overall health. Common types of misalignment include **crowding, spacing, deep bite, open bite, cross bite, edge to edge bite and excessive overjet.**



Crooked teeth can affect your bite creating unnatural stress and pressure leading to premature wear. Teeth that are subject to excessive pressure can develop chipping and notches at the gum line. Over time the excessive force may also cause **flattened or worn down teeth or chipping and fractures at the edges of teeth**



Additionally, a bad bite may produce improper forces on the jaw joint that may lead to pain in the jaw, earache and even headaches. Premature wear can lead to gum recession, poor bone support at the roots, loose teeth and eventually tooth loss. Teeth that fit together correctly last longer and are likely to need less costly dentistry in the future.



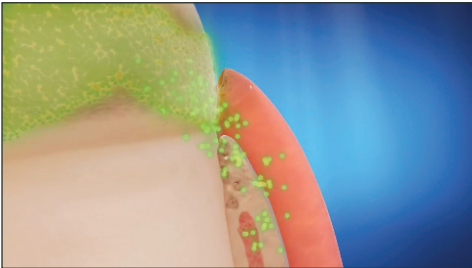
Crooked teeth can affect your periodontal health because it's difficult to remove plaque and bacteria from the crowded areas. Bacteria that is not properly removed will multiply and trigger periodontal disease which begins as gum inflammation, redness and bleeding while brushing and flossing.



If left untreated over time gum inflammation will progress to chronic infection, soft tissue damage, receding gums, periodontal pockets, bone loss and eventually tooth loss. These conditions can lead to painful repair and maintenance in the future which could amount to thousands of dollars in expense and countless hours in the dentist chair. Problems in

the oral cavity are best treated in the early stages.

Crooked teeth that are left untreated can trap bacteria that damage gum tissue cells and invade blood vessels. This can cause damage to cells that line



your coronary arteries increasing your risk for heart disease, stroke and other

healthy mouth and keeping your teeth for life. Ask your doctor and hygienist today about Clear Aligners, a series of clear aligners that are custom made to gradually move and align your teeth. And start on the road to a healthier you today.

WHAT IS THE CLEAR ALIGNER SYSTEM?

Clear Aligners uses a series of clear, removable plastic trays, or aligners, to give you a healthier, straighter smile without being visible. The design is deceptively simple, and when you see the aligners, you may wonder how they could ever achieve the same results as metal braces! In reality, these trays are made of a special type of thermoplastic resin that's strong enough to move your



illness. Correctly positioning your teeth for proper alignment and function will help prevent future dental problems and make a significant difference toward a

teeth into alignment. **This movement relies on a sequence of custom-made aligners being switched out at weekly intervals during treatment.**



HOW DO CLEAR ALIGNERS WORK?

Your first step is an initial consultation. **Dr. Gisele Fouellefack is happy to offer this free of charge!** During this appointment, we'll discuss your orthodontic needs and decide whether Clear Aligners is the right treatment choice for you. Once we determine you're a good fit for the system, we begin the process of custom designing aligners specific to your smile.

A highly detailed 3D scan of your teeth and gums will be performed in our office. This scan is then used to map out a precise treatment plan for you. This plan will include the exact movements we want your teeth to make, as well as how long your treatment is likely to take. You may even get the chance to preview your new smile!

From this 3D scan, your custom aligners will be created from Clear Aligners's special SmartTrack® material. The comfortable plastic trays are virtually invisible, and the total number

worn during treatment is usually somewhere between 10 and 48, with the total treatment time averaging between 5 and 15 months. In order to maximize their effectiveness, you'll need to *wear the aligners for 20-22 hours daily*, throughout the course of treatment.

During treatment, you will switch to a new set of aligners every one to three weeks based on your treatment plan. We will schedule check-ups about every four to eight weeks.



WHAT ARE THE ADVANTAGES OF CLEAR ALIGNERS OVER TRADITIONAL ORTHODONTIC TREATMENT?

Clear Aligners is a more comfortable and aesthetically pleasing solution than traditional metal braces, but the benefits extend beyond that!

Clear Aligners

- Clear aligners are virtually invisible
- Smooth comfortable plastic aligners
- Aligners are removable for easy cleaning
- Eat whatever you want



Braces

- Requires brackets and wires
- Wires can poke and irritate mouth
- Brushing and flossing require more effort
- Many food restrictions

Because the aligners are removable, **there are no restrictions to diet or activity.** Most people who have worn metal braces will tell you that having to forego some of their favorite foods while undergoing treatment was one of the hardest parts of having them. Because of the wires and brackets, patients must steer clear of any treats that are chewy, sticky, crunchy, or hard. No apples or carrots, popcorn or chips, and most candy is off the table, too. This can often make social situations difficult, since so many of them are centered around food. **But Clear Aligners aligners are removable,**

not fixed. You take them out anytime you want to eat or drink anything other than water, meaning no food restrictions and a whole lot more fun!

Removable aligners also make a difference to your **oral hygiene routine.** It's important to pay special attention to your dental hygiene all the time, but especially when undergoing orthodontic treatment. Unfortunately, the wires, brackets, and bands that accompany traditional braces can make brushing and flossing effectively a difficult or time-consuming task. With Clear Aligners,

aligners are simply taken out before brushing and flossing. Cleaning them is a snap, as well - there are special kits designed specifically to clean Clear Aligners aligners, or you can gently clean them using denture crystals and a soft toothbrush.

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Last, but definitely not least, removable aligners can be a huge bonus when you're **playing a contact sport** (you can remove your Clear Aligners and wear a regular mouthguard) or an **instrument** (no wires or brackets to get in the way), or even just on those **special occasions** where you want your natural smile to be the only thing shining through (weddings, prom, homecoming, senior pictures, etc.)

WHO ARE THE BEST CANDIDATES FOR CLEAR ALIGNERS?

Clear Aligners is created for use on most adult and teen patients with common orthodontic issues. However, there are certain, more complicated cases which require more precise tooth control than a removable aligner can achieve. During your initial complimentary consultation with Dr. Dr. Gisele Fouellefack, we'll be able to determine if Clear Aligners is a good fit for you if you'd be better served by more traditional orthodontic treatment.



WHAT HAPPENS ONCE CLEAR ALIGNERS TREATMENT IS COMPLETE?

Our teeth retain memories of their previous place in our mouths and have a tendency to drift back to their original positions over time. This is why it's important to retain their new positions after any form of orthodontic treatment, including Clear Aligners. Once your treatment process is complete, we'll provide you with retainers that will need to be worn as directed in order to maintain your

new, straighters mile.

Clear Aligners is changing the way people view orthodontic treatment, & we're proud to be a certified Invisalign provider offering this technology to our patients. If you are interested in learning more about Clear Aligners and

what it can do for you, why not get in touch with our friendly team today and schedule your complimentary consultation?

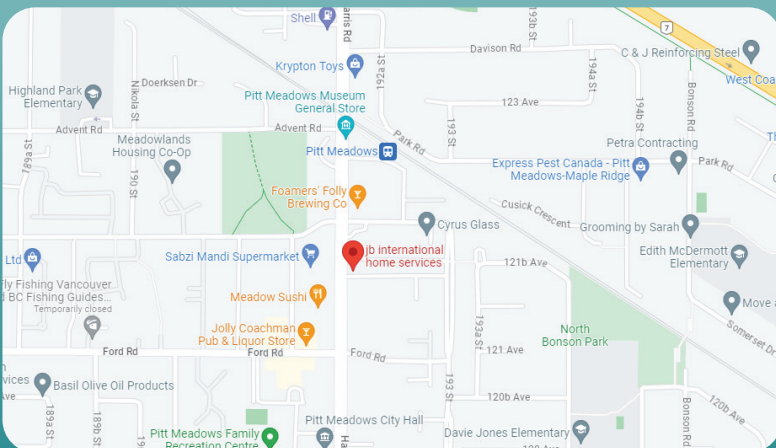
Dr. Gisele Fouellefack is ready to help you put your best face forward. With Clear Aligners, we can help you achieve the smile of your dreams!

Clear Aligners

Ask About A Complimentary Consultation!



Call 604-465-6844 to book your appointment.



**MEADOWS DENTAL
GROUP**

Office Hours

Monday:	Closed
Tuesday:	8am – 5pm
Wednesday:	9am – 6pm
Thursday:	10am – 6pm
Friday:	8am – 4pm
Saturday:	Closed (Open 1 Saturday a Month)
Sunday:	Closed

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