



**invisalign®**

**WHAT MAKES A  
BEAUTIFUL SMILE?**

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# What Makes a Beautiful Smile?

A smile communicates what a thousand words do not always do effectively. A beautiful smile can bridge the gap between two people, win over a crowd, and even capture a heart or two. So, it's only natural to ask, what makes a beautiful smile? The answer definitely depends on the person you ask. We are all unique and find different things attractive about different features.

From an orthodontist's point of view there are several factors that contribute to a beautiful smile. Take a look at this graphical break down and see how your smile measures up.

**Symmetry** - Symmetry around the centre line of our face is of great importance for an aesthetically pleasing smile. Even when this is not 100% possible, the illusion of symmetry should be created. The front two upper central incisors should be symmetrical in size, length and shape.



**Horizontal Alignment** - Ideally the smile line should be aligned so it is parallel to the horizontal.



**Smile Line** - The edges of your upper teeth should be parallel to the lower lip when you smile.



# What Makes a Beautiful Smile?

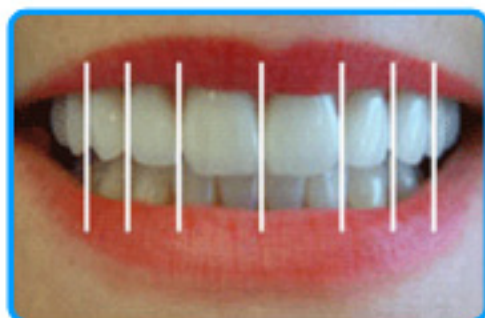
**Gum Line** - The gum line connects the highest points of the gum levels of the upper teeth. Ideally this line should follow the line of the upper lip, to ensure minimum gum exposure and optimum display of the teeth on smiling.



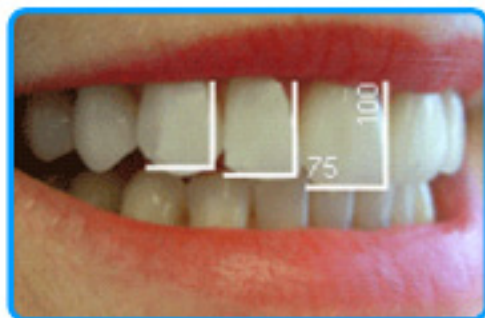
**Smile Width** - With a narrow smile the side teeth are often in shadow. A wider smile allows one to see the ideal progression from the front to the back teeth; this is more attractive! Invisalign is an excellent way to broaden the dental arches.



**Golden Proportion** - The rule of Golden Proportion describes an ideal ratio of the visible widths of the front six teeth.

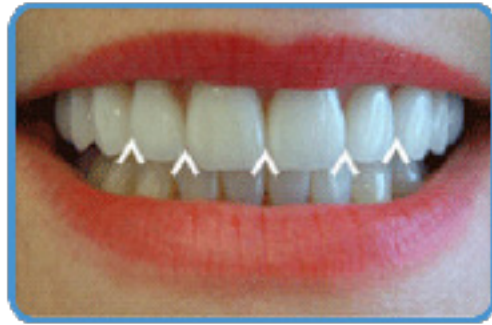


**Tooth Proportion** - These are the guidelines for the ideal proportions of each tooth to achieve a beautiful smile.



# What Makes a Beautiful Smile?

**Embrasures** - Embrasures are the small triangular spaces between the tips of the teeth. These can be artistically created after Invisalign to ensure a more natural look.



**Lips** - Lips are to teeth as a frame is to a picture! The shape, fullness, and symmetry of lips can optimize the ideal smile.

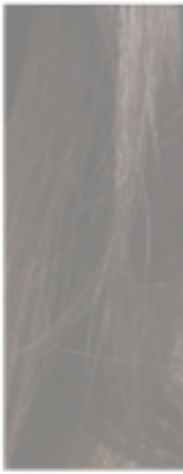
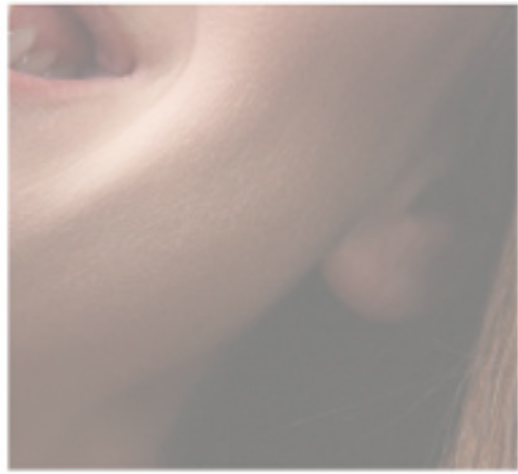
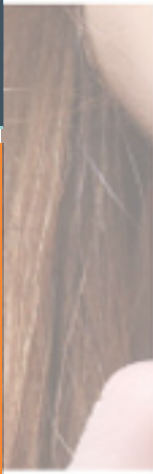
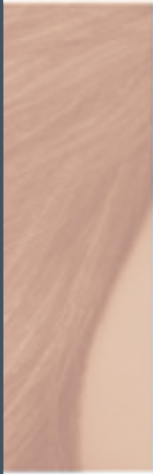


**A Beautiful Smile** is also a confident smile... when you look good, you feel great. If you are self-conscious about your teeth and hide your smile, everyone is missing out on the real you. A confident, beautiful smile is just another reason to do just that – smile!

What Makes a Beautiful Smile?



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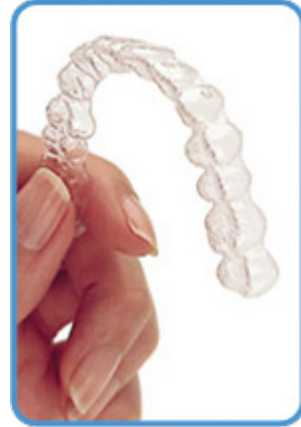


**What to expect...**



## ...At your Invisalign consultation

So now you know what happens 'behind the scenes' to ensure an individual and precise Invisalign treatment. But what can you, the patient, expect before, during and after your Invisalign treatment?



The journey begins with a one on one Invisalign consultation with one of our specialist treatment coordinators. We'll explain how the Invisalign technology works and show you the ClinCheck software firsthand. It is also a great chance to see and feel an Invisalign aligner. We'll also take you through our fee structures and finance options. And of course we will answer any questions you might have.

It is important that all of your dental work is up to date, as while in treatment with Invisalign, you are unable to have any fillings or restorations done. This is due to the aligners being made according to the condition of your teeth at the time of the impression.

At this consultation it is important for digital photos and two digital x-rays to be taken. These records are necessary for the treating orthodontist to assess and identify if you are a candidate for Invisalign and, if so, create a treatment plan specifically designed to you. They are also great to look back at after your Invisalign treatment!

If your dental work is up to date and you are ready to go ahead with Invisalign, the impression process can begin at this appointment. There are two techniques that can be used to take these impressions. We prefer to use a two-step process, but depending on circumstances, either technique may be used.

The first step that is completed at your consultation involves making custom aligner trays or 'spacers'. This is done by taking an impression of both dental arches, similar to if you were having a mouth guard made.

# What Makes a Beautiful Smile?

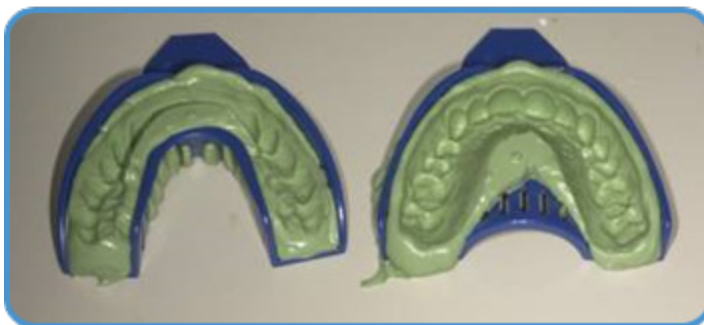
Stone models of your teeth are made in our lab.



These models are then covered with a thermoplastic material.



These plastic covered models of your teeth are now pressed into a plastic Invisalign aligner tray, creating your custom aligner tray.





## ...For Your Invisalign Impression

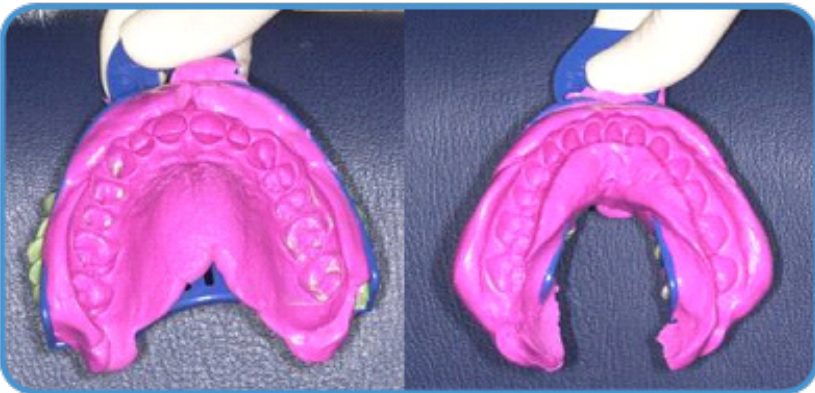
On your second visit you will again meet with our Invisalign consultant as well as your treating orthodontist. A pre-Invisalign examination will be done before the impressions are taken.

The benefit of having a custom aligner tray made at your previous appointment is that the second and final impression is a lot quicker than if no trays were made.

The custom aligner tray is filled with a fast setting PVS material ready for the final impression.



This PVS material takes three minutes to set and one arch is done at a time.



## What Makes a Beautiful Smile?

As mentioned before, these impressions need to be perfect as they are the only physical representation of the teeth sent to Align for manufacture.

A bite registration impression is also taken. This impression shows Align how your teeth currently interact with each other.

A consent form must be read and signed before your impressions can be sent to Align.

Once the impressions are all done, your treating orthodontist will complete the online treatment plan and the ClinCheck set-up begins. The finalized ClinCheck is then sent back to the orthodontist for review and once accepted the manufacture of the aligners can begin.

It takes approximately 5-6 weeks for your aligners to arrive from Align Technologies in the USA from the day of your impressions.

### ...During Treatment

When your aligners arrive from Align Technologies, we will call you to make a time to come in and get your treatment started. At this appointment we make sure your first set of aligners are comfortable and you can take them in and out with ease. We will run through everything you need to know about your Invisalign treatment and aligners.

For an ideal result, Align Technologies may prescribe the need for IPR or Interproximal Reduction. IPR is the selective removal of a very miniscule amount of enamel from a predetermined number of teeth. This is done using fine, diamond coated strips to break the contacts between two teeth. This technique enables the orthodontist to gain space to move crowded teeth and improve the contours of teeth so they fit together better. IPR enables Invisalign to treat many more malocclusions or 'faulty bites' without the need for tooth removal.



## What Makes a Beautiful Smile?

In less complicated cases, IPR may not be part of the treatment plan but is still required to break contacts between the teeth at each appointment so they can move freely.

If you decided to have your teeth whitened during your Invisalign treatment, you can begin at your first appointment using your first aligner as the whitening tray. Whitening can also be done at the end of treatment.

Aligner one and two will be given to you at your first appointment and as they need to be worn for a minimum of two weeks, your next appointment will be in four to five weeks time. This is because most Invisalign treatments require the use of 'attachments'.

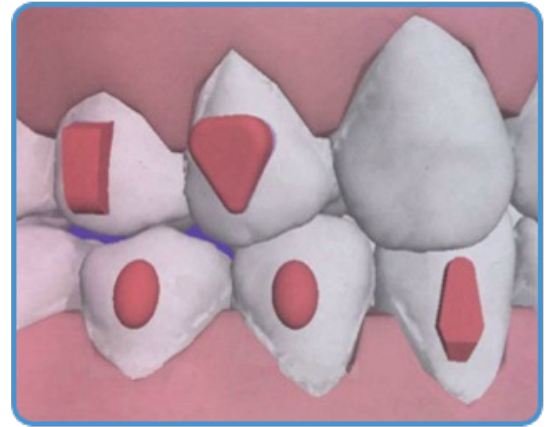
Attachments are small tooth-colored dots of dental bonding material that are bonded to specific locations on selected teeth before changing into aligner three. The tooth colored material is loaded into an attachment template received by Align Technologies that fits over the teeth exactly like a normal aligner.

Each tooth that requires an attachment will be cleaned and prepared for the bonding process. The filled template will be seated over your teeth and each attachment is set with a blue-colored LED curing light.



## What Makes a Beautiful Smile?

The placement of the attachments provides an 'anchor' point on the selected teeth around which an Invisalign aligner can grip for specific movement. There are several different shapes of attachments that may be used to perform the desired tooth movement. The movements include: intrusion (pushing a tooth deeper into the gum), moving the tooth into/out of the arch, moving a tooth along the arch, and rotating a tooth.



Where the attachment is placed on the tooth depends on the movement required. The attachments allow the aligner to direct its forces to the tooth more effectively than it would otherwise be able to do.

The aligners will definitely feel tighter at first with the new attachments on and be slightly more difficult to remove on day 1, but practice makes perfect. The attachments stay on the teeth for the remainder of the Invisalign treatment and are easily buffed off when finished.

If an aligner is removed improperly or with excessive force around the attachment, it is possible for it to break away from the tooth. This lost attachment must be replaced as soon as possible for treatment to continue as normal.

Once the attachments are on, your visits to the orthodontist will be, approximately, every 8 to 12 weeks.

## ...After Treatment

Retention is an essential part of all orthodontic treatments and is just as important as the active phase of treatment. As teeth are part of a biological system, there is a natural tendency for them to move once your Invisalign treatment is complete. This is known as 'orthodontic relapse'.

Research has shown that the only way to guarantee straight teeth for life is through the use of fixed and/or removable retainers for life.

When Invisalign treatment is completed, your attachments are buffed off and two forms of retention are used to ensure your new, straight, beautiful smile stays that way;

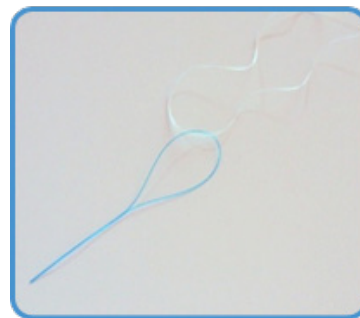
### Bonded Lingual Wire:

Bonded lingual wire is a very fine, undetectable piece of wire which is bonded behind the top four teeth and lower six teeth. This wire is not visible and ensures that no movement or relapse of tooth position can occur. The wire can feel slightly noticeable and strange to the tongue for the first day or so.

Some care will need to be taken when biting into hard foods with the front teeth as this has the potential to dislodge the wire from its position. If the wire does become dislodged or feels loose, an immediate call to your orthodontist will ensure that a repair can be undertaken as soon as possible and make certain tooth movement doesn't occur.



Because the wire is bonded to the back of your front teeth, flossing must now be done with the aid of a floss threader. The floss threader fits between two teeth and guides the floss between the gum and the bonded lingual wire allowing you to floss as normal.



## Retainers:

Removable retainers are very similar to the clear Invisalign Aligners but are made from a slightly thinner plastic material. Initially, the retainers need to be worn 24 hours a day (removed for eating, flossing, brushing) for the first three days after finishing your Invisalign treatment. Following this, they need to be worn nightly on an ongoing basis.



Retainers can also be used as a 'back up' to the bonded lingual wire. If the wire has broken or feels loose, wear your retainer full time until you can come to an appointment to ensure there is no tooth movement. If a retainer breaks or cracks we also recommend contacting your orthodontist as soon as possible to ensure a new one is made.

You may require one or two appointments after completion of your treatment to ensure the bonded lingual wire is intact and no movement has occurred.



What Makes a Beautiful Smile?



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**Will It Work For Me?**

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## What Makes a Beautiful Smile?

Whether your smile needs minor improvements or more extensive adjustments, Invisalign can certainly help.

Not only is Invisalign versatile, helping to correct a broad range of dental and orthodontic issues, it really works!

Worldwide there are over one million smiles to back that up.

But a confident smile isn't the only benefit of correcting your dental issues with the clear, custom-made Invisalign aligners – your health can be positively impacted as well.

We have transformed hundreds of smiles with Invisalign and treated some of the most difficult cases with outstanding results.

The most common issues that we see are:

- **Crowded and Crooked Teeth**
- **Widely spaced teeth**
- **A Narrow Smile**
- **An Overbite**
- **A Crossbite**
- **An Open Bite**

## Before and After Images

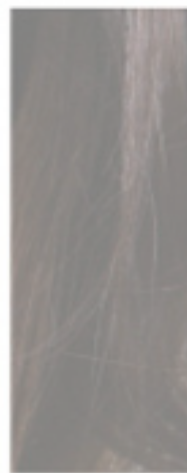
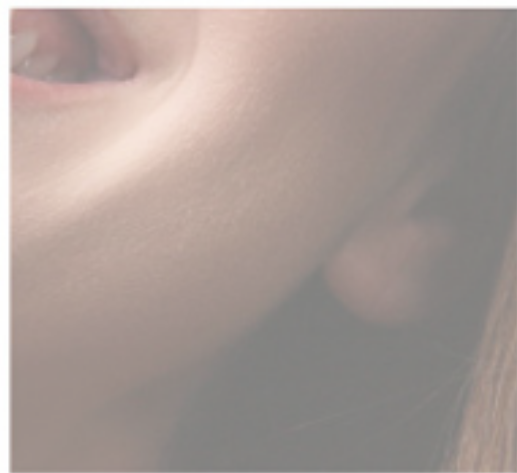
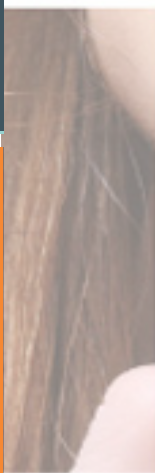
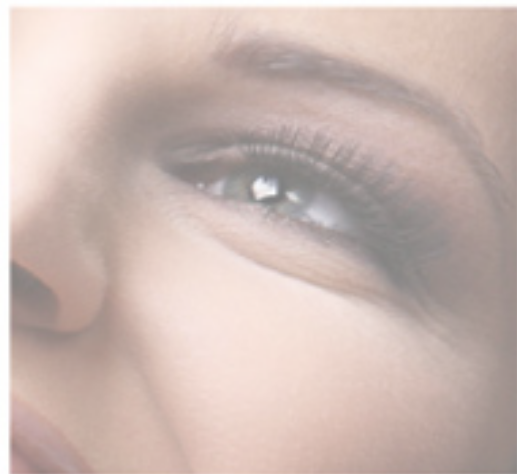
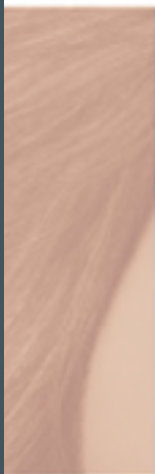
According to The Guidelines for Advertising of Regulated Health Services 'before and after' images can no longer be advertised.

Visit [www.invisalign.com](http://www.invisalign.com) to see how Invisalign works.

What Makes a Beautiful Smile?



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**Financing**

## ...Financing

Fees differ between patients, depending on a number of issues, including the complexity of the problem and which type of treatment is required.

Contact your orthodontist today to find out what financing options are available for you.

Health fund rebates are also available for orthodontic treatment; benefits vary depending on which fund you are with.

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