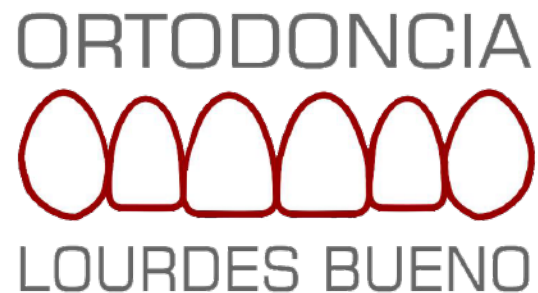


10 MYTHS ABOUT INVISIBLE ORTHODONTICS

Possibly you have been thinking about orthodontics options for quite some time and doubting about the convenience of starting the treatment.

My name is **Lourdes Bueno, orthodontic specialist**, and I welcome you to this guide where you can easily find answers to your questions.



1. WHAT IS IT?



INVISIBLE ORTHODONTICS = ALINGNERS?

There are **2 types of appliances** that you cannot be seen: the one that uses **aligners** and **behind the teeth (lingual) braces**.

Lingual braces, just like **any bracket can loosen up** and cause you some **discomfort**. To avoid this from happening it is advisable that you **don't to eat hard food** with them. On the other hand **cleaning your braces will take longer** than usual to get to all the in between...

Aligners are increasingly popular; they are **transparent plastic covers** that fit your teeth. In this guide I will talk exclusively about orthodontics with aligners, which is the **most comfortable, the easiest to wear and most hygienic**.

WILL PEOPLE NOTICE THAT YOU ARE WEARING THEM?

You will be relieved to know that it is difficult to notice if you are wearing them. Aesthetically, only a **light shine** will give you away, in short distances, and sometimes not even that. **Billie Eilish**



2. DISCOMFORT:



WILL YOU SOUND FUNNY WHEN YOU TALK?

If you need to talk often in meetings due to your job, you may be concern about lisping or speaking funny.

The **aligners fit perfectly to your teeth**, they don't interfere with your lips or tongue position.



WILL IT BE PAINFUL TO WEAR?

You will **change your aligners every 7 days**, each aligner have information to produce quite soft movements of 0.25mm ($\frac{1}{4}$ of 1 mm).

In other words, if you wear a fixed dental appliance with brackets, the activation must last until the next visit (6 weeks), and that's why the first days is more noticeable.



DO THEY CAUSE SORENESS OR ULCERS?

They are very comfortable; the **edges are smooth because they are laser cut** a little under the gum's line.

In the unlikely case that it breaks, **you could remove them** and call us to make an appointment.



3. APPOINTMENTS:

When you have little time, you want to make the most of it and enjoy it. Your orthodontic treatment with aligners will enable you to continue with your lifestyle.



WHEN WILL YOU START TO SEE RESULTS?

You will start to **notice changes in 4-5 months**. If you wish, on the first stages you can have a **whitening treatment done at the same time with the aligners**.

This way, you can start noticing improvements in your smile from the beginning.



WILL YOUR TEETH NEED MORE TIME WITH ALIGNERS?

¡NO! The treatment with **aligners is usually faster** than using brackets.

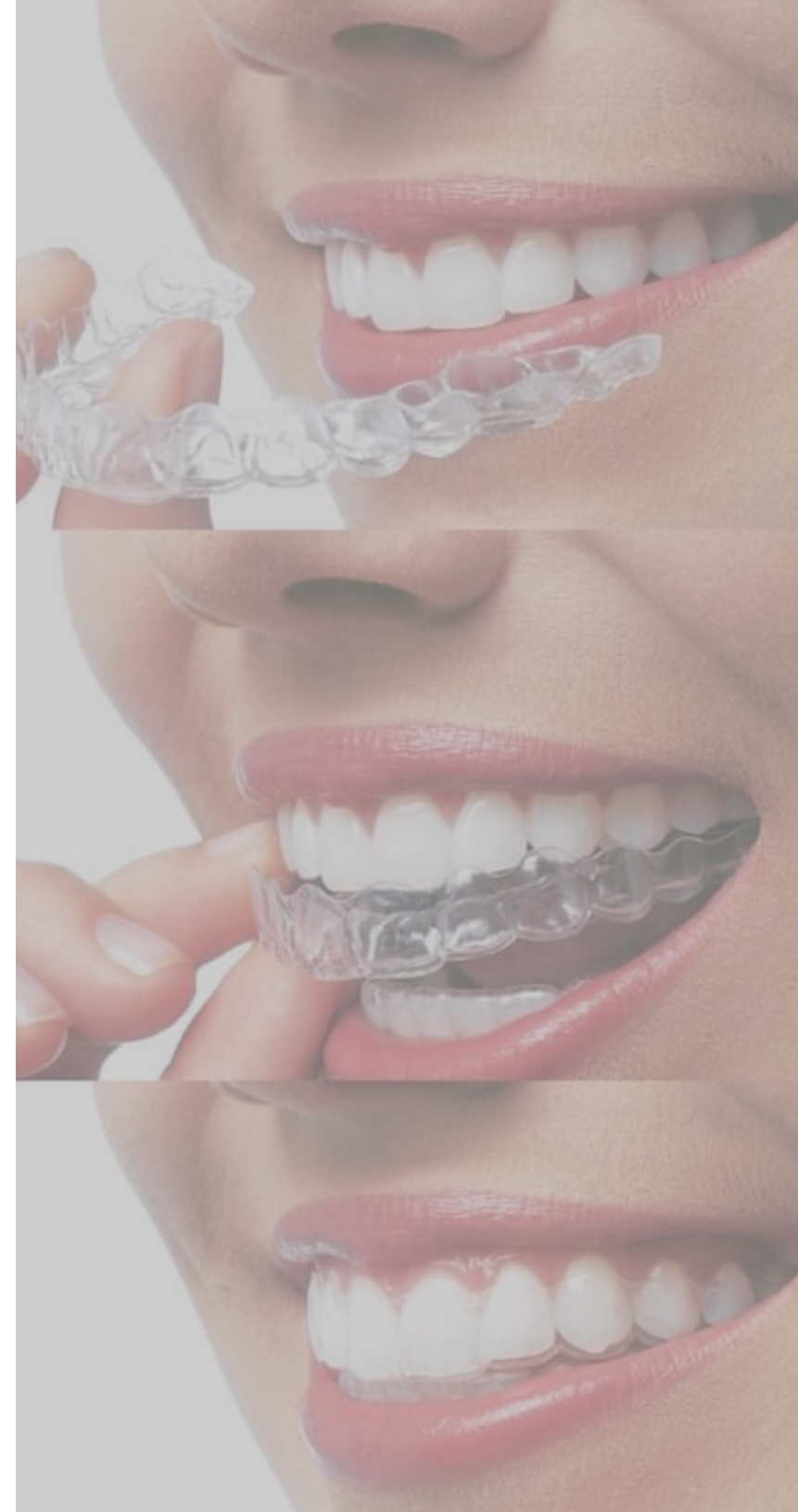
It is **customized for you!** With brackets all teeth are moving at the same time, with the aligners we **move the teeth we want in the sequence that we want**.



HOW LONG WILL YOUR TREATMENT LAST?

The treatment duration depends on the complexity of initial situation. In **mild cases it usually takes 8 months**, and the most **difficult ones** last an average of **18 months**.

If the **records are taken digitally with an intraoral scanner** -rather than with the traditional way- the design and manufacturing process is accelerated.





4. VISITS:

If you have a regularly active lifestyle, I understand that you don't want to waste your time. Your job is demanding, and you like to enjoy your free time too. You don't want to organize your life around your dental appointments.

HOW OFTEN WILL YOU NEED TO COME TO THE OFFICE?

With the aligners, the **appointments can be spaced 8 to 12 weeks**, depending on the stage of the treatment.

If your lifestyle leaves you short of time: sport, family time, long workdays, frequent travels, ... this is the best option for you.

CAN YOU CHOOSE A CLINIC OUT OF YOUR TOWN?

Aligners have several advantages:

- The treatment is **all planned from the beginning**
- You can **forget about emergencies**
- Your **appointments can be spaced 2-3 months**
- In our office **we use an app** (DENTAL MONITORING), **you can take pictures** of your teeth with your phone **every 15 - 30 days** and **I can follow up your progress.**

Yes, you can choose the clinic that makes you feel more confidence about the end result, you are not limited to the nearest one.

5.HOURS OF USE:

To achieve the desired position of your teeth and on the expected time, you should use it **22 hours a day**. Ideally you should take it off only to eat and clean your teeth.



DO I HAVE TO USE IT TO SLEEP?

Yes, to attain the result you want on time you must wear it while you sleep. **It won't bother you or hinder you to fall asleep.**

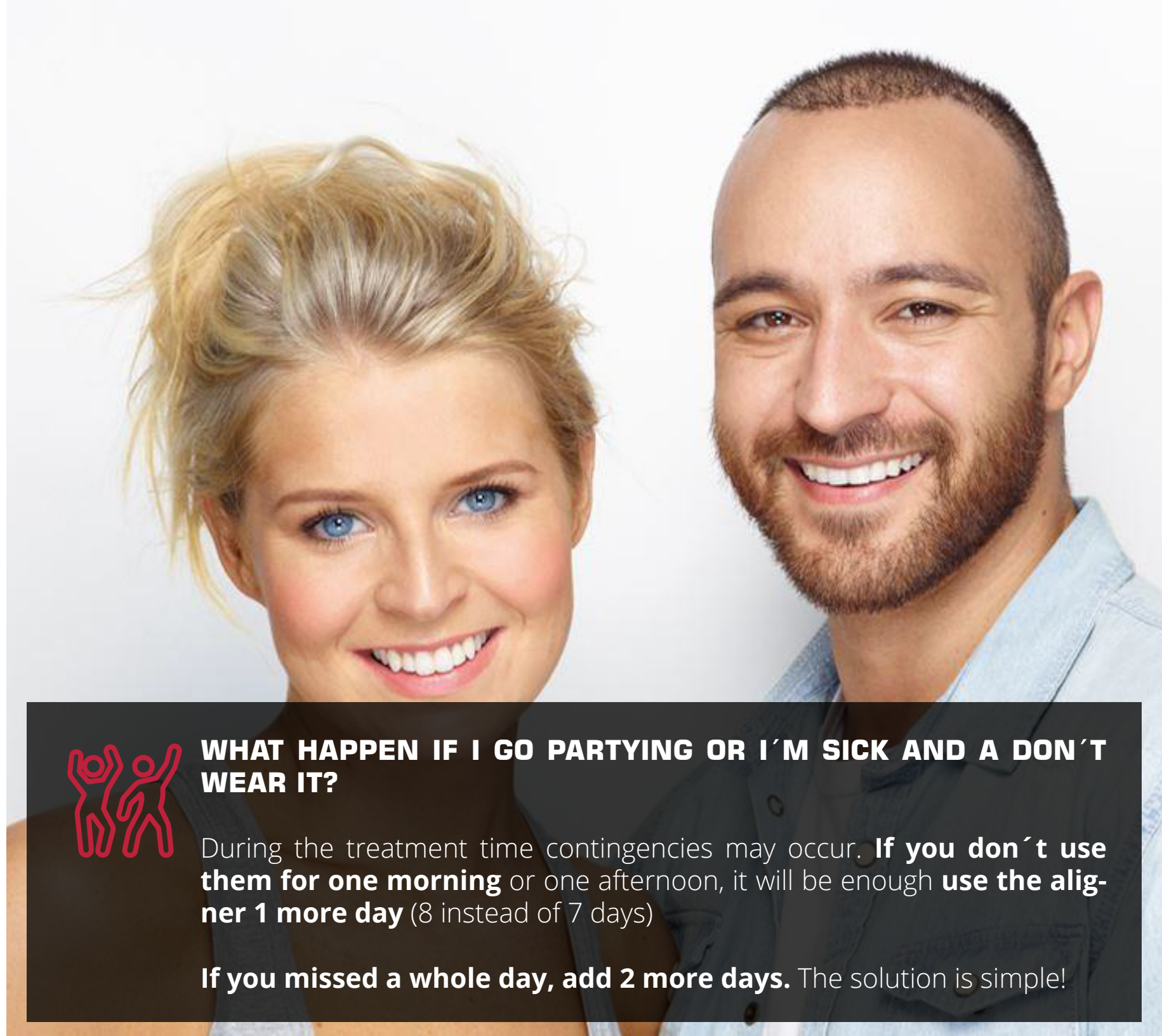
Have you ever used glasses? Has it happened to you that you were looking for and you have them on? You will have the same feeling with aligners.



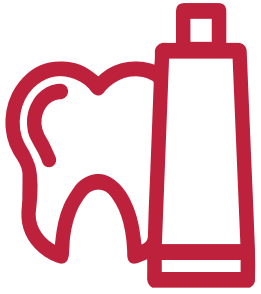
WHAT HAPPEN IF I GO PARTYING OR I'M SICK AND A DON'T WEAR IT?

During the treatment time contingencies may occur. **If you don't use them for one morning** or one afternoon, it will be enough **use the aligner 1 more day** (8 instead of 7 days)

If you missed a whole day, add 2 more days. The solution is simple!



6. HYGIENE:



The great advantage of aligners is that **you can take them off to brush your teeth**, so it is easier to clean all the areas in between your teeth.

The food is not stuck between the brackets and the wires, so you won't need extra time to maintain the hygiene of your teeth and gums.

After every meal and before putting your aligners back, it is particularly important to you **brush your teeth and rinse the aligners**.

To clean the aligners, you can use a neutral soap in addition to the water.



7. LIFESTYLE



CAN YOU EAT AND DRINK WEARING YOUR ALIGNERS?

You can eat and drink with them but is much more comfortable to take them off to eat. **You can take them off to eat and enjoy any food that you like hard, soft, or hot.**

If you drink coloured drinks (ex. coke or coffee), it can go inside the aligner make it look darker, it will be a better idea to **choose transparent drinks.**



CAN YOU KISS WITH YOUR ALIGNERS?

Whether you are at the beginning of a relationship or have a stable one, wearing a teeth correction device can make you feel a little embarrassed.

Do not worry, you can kiss with the aligners almost without being noticed. **It fits your teeth like a glove,** leaving the most sensitive nerve endings free, and whoever touches them will notice the teeth smoother, almost the same.



CAN YOU SMOKE WITH YOUR ALIGNERS?

Well, smoking is not a healthy lifestyle habit at all, I will encourage you not to smoke.

What if you cannot quit? **Yes, you can smoke with the aligners,** and in this case my wish is that they be a reminder to reduce the number of cigarettes.

If your concern is about the **aligners turning yellowish,** usually it **doesn't happen** as you will **change to a new aligner every 7 days.**

8. PRICE



The cost of an orthodontic treatment with aligners is slightly higher than that of a bracket treatment, but it cannot be otherwise. Keep in mind that it is a **treatment tailored to your teeth and your bite, and only works for you.**

The cost of orthodontic with aligners varies from **€ 2,000 for a simple treatment, to just over € 4,500 for the more complex** ones. If you compare it to a **bracket treatment**, that ranges from **€ 1,500 - € 3,500**, the benefits are worth the extra cost.

Bear in mind that the **payment** doesn't have to be made in one go, you can **fraction it during the treatment**. If you do not want to make an initial deposit or are interested in having lower fees, you can finance your treatment.

Your fee can range **between € 80 – 120**, depending on the total fee of treatment and the length of time you choose to finance it.



9. BRANDS:



If you have searched on the internet, you may have seen a few aligner's brands. As for any investment you want the best quality and price.



ARE THEY ALL THE SAME?

In our office, we use the **pioneer brand** on the market. **I certified with them more than 18 years ago**, in 2002. In my opinion it is the one with the better technology behind.

I love the quality of their material: **Smartrack©, with its typical horizontal lines**, that get a better fit and produces the movements in less time than other brands.

The **results are more predictable**, and what you want is to achieve the result that we have planned in a minimum time.

10. EMERGENCIES:

WHAT CAN I DO IF THE ALIGNER IS BROKEN OR LOST?

I understand that if you are a little absent-minded or live life to the fullest, you may worry about losing or misplacing the aligner.

The solution is simple: if you have a long treatment, you could **continue with the next aligner and use it for 2 weeks instead of 1 week**. If you have a short treatment, we may need to ask for a **replacement aligner**.

When you start the treatment, you will get a **box** that will take up **truly little space on your pocket**. Every time you take off the aligners, you can keep them inside the box to protect them.

If you have any other questions, you can contact us through



+34 616 25 52 10

