

# Smile SOLUTIONS

MELBOURNE'S HOME OF DENTISTRY®

AUSTRALIA'S  
LARGEST  
PROVIDER OF  
INVISALIGN®

WHY IS  
INVISALIGN®  
SO  
APPEALING?

6

REASONS  
to smile with

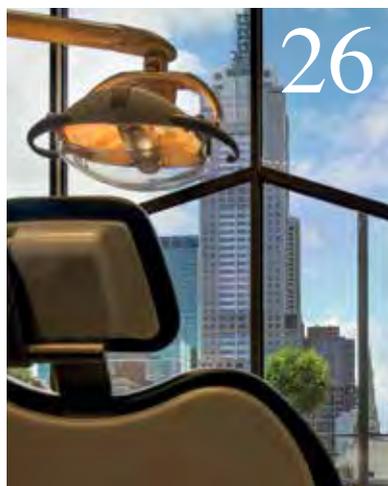


COSMETIC  
ORTHODONTIC  
OPTIONS

Clear Conventional Braces,  
Internal (Lingual) Braces  
or Invisalign®

NO-DEPOSIT  
NO-INTEREST  
Payment Plans





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## WHAT IS INVISALIGN®?

### THE NEXT GENERATION OF ORTHODONTICS

Invisalign is the virtually invisible way to straighten your teeth and achieve the dazzling smile you've always dreamed of.

Using advanced three-dimensional (3D) computer imaging technology, Invisalign depicts your complete treatment plan based on your orthodontist's prescription, from the initial position of your teeth to the final, desired result. Then a series of clear aligners are custom-made for your teeth – and your teeth alone.

Each aligner is worn for up to two weeks before being replaced by the next in the series, until the final position of your teeth is achieved.

Your exact Invisalign treatment time will be determined by your orthodontist according to your specific needs.



# THE SMILE SOLUTIONS INVISALIGN JOURNEY



## CONSULTATION

A free consultation with one of our experienced specialist orthodontists will set you on the road to your dream smile with Invisalign. Once your orthodontist determines that Invisalign is right for you and your needs, he or she will develop a detailed treatment plan from which your bespoke, virtually invisible aligners will be made.

## ITERO® SCAN

A short scan will be performed on your teeth using a state-of-the-art iTero scanner. The scan instantly produces a digitised 3D image of your teeth and can even show you a preview of what they might look like on completion of treatment. This computer-generated image will be sent to the Invisalign laboratories for processing.



## CLINCHECK

Once your scan has been processed, the Invisalign laboratories will produce an interactive 3D image and treatment plan (your ClinCheck) for your orthodontist to review. Your orthodontist will review and prescribe the precise tooth movements throughout the duration of your personalised treatment. A short 3D movie will show you a virtual representation of your teeth before, during and after Invisalign, so you can see what your smile is expected to look like at the end.

## TREATMENT

Once both you and your orthodontist are happy with the plan, the Invisalign laboratories will begin creating your custom-fitted aligners and your treatment will start. Changing your aligners approximately every two weeks, you will be well on your way to your desired smile!



## RETENTION

Upon completion of your treatment, your orthodontist will fit you with a retainer to help ensure your new smile is here to stay.



Smile Solutions is the first, and currently the only, certified **Blue Diamond** Invisalign® provider in Australia. This is the highest provider status awarded by the manufacturers of Invisalign, reflecting our unsurpassed experience and expertise.

## Facebook

@SmileSolutionsMelbourne

Follow @SmileSolutionsMelbourne on Facebook for your chance to win Invisalign or a Smile Makeover! We have loads of great offers and competitions. Don't miss out!

[www.facebook.com/SmileSolutionsMelbourne](http://www.facebook.com/SmileSolutionsMelbourne)

## Instagram

@SmileSolutions

Follow @SmileSolutions on Instagram to see what goes on behind the scenes at Smile Solutions. Tag us in Before and After snaps of you wearing Invisalign or braces, and you could win Smile Dollars!

[www.instagram.com/SmileSolutions](http://www.instagram.com/SmileSolutions)



# TYPES OF invisalign®

All types of Invisalign treatment offer a more flexible way to give you the confidence of a great smile. Unlike traditional braces, Invisalign aligners are comfortable, removable and virtually invisible, which means the wearer can carry on enjoying life without the restrictions, irritation and self-consciousness often associated with metal brackets and wires.

## INVISALIGN FULL®

Invisalign Full is the most commonly used course of Invisalign treatment, accounting for the majority of cases we see at Smile Solutions. Comprising as many aligners as needed to achieve your desired result, Invisalign Full is used to treat the more complex orthodontic conditions. On average, treatment duration with Invisalign Full is 12 to 15 months, but this differs from person to person, as each individual will be prescribed a different number of aligners to improve their smile.



## INVISALIGN TEEN®

Because teens (and their mouths) are constantly on the move, the manufacturers of Invisalign have created Invisalign Teen, with the addition of a few special features:

- blue compliance indicators, which fade from blue to clear to help your orthodontist and you to gauge wear time
- tooth eruption tabs, which allow permanent teeth the space to develop into the aligners
- six free individual replacement aligners, in case any are misplaced.

## INVISALIGN LITE®

Providing for less complex malalignment problems, Invisalign Lite uses a fixed number of aligners (14) to correct small discrepancies towards an improved smile. Ideal for those who need the positioning of their teeth adjusted ahead of cosmetic work (crowns, veneers, bridges) and a great solution to aesthetic concerns.

## INVISALIGN i7®

With a treatment time typically shorter than the standard Invisalign course, Invisalign i7 was developed for people who require minor dental correction. It can treat slight overcrowding or that annoying crooked tooth that has bothered you for some time. If you have had orthodontic treatment in the past and your teeth have shifted slightly, Invisalign i7 can help you too.

# SO YOU ARE CONSIDERING INVISALIGN TREATMENT AND WOULD LIKE TO COMPARE PRICES...

Dr Kia Pajouhesh  
Cosmetic and Restorative Care  
BSc, BDS (Melb)

In making your cost comparison, you will need answers to the following questions.



## Is the practitioner a specialist orthodontist or a general dentist?

Invisalign is not a product; it is a service. It's a technique used to straighten your teeth – as are conventional braces or internal braces. Two types of clinicians may carry out Invisalign: (1) a specialist orthodontist – that is, a practitioner with three to four years' additional education and training qualifying them for registration with the Dental Board of Australia as a specialist; (2) a general dentist with no formal Dental Board-approved training in the specialised field of orthodontics.

In most instances, expect to pay about 25% to 35% more to be treated by a specialist orthodontist rather than by a general dentist.

## Will my health fund give me a rebate on my Invisalign treatment?

Many major health funds will pay on orthodontic item numbers (series 8) only if the treating practitioner is a Dental Board-registered specialist orthodontist.

In most instances, expect to receive a reduced or nil rebate from your health fund if your Invisalign treatment is carried out by a general dentist.

## Which course of Invisalign treatment is being quoted?

There are three possibilities: (1) Invisalign Full – with an average of 25 aligners and complete correction delivering the ultimate result; (2) Invisalign Lite – with a maximum of 14 aligners delivering moderate change – best suited to simpler cases requiring limited tooth movement; (3) Invisalign i7 – with just 7 aligners delivering minimal change at

approximately 30% correction – best suited to patients with relapse after braces from a younger age.

In most instances, expect to pay about two-thirds of the full rate for Invisalign Lite and one-third of the full rate for the i7.

## What are "refinements" and do I need to pay for them?

If you wish to make further adjustments to your smile at the end of your Invisalign treatment, the clinician will need to fine-tune the straightening of your teeth using additional aligners ordered from the manufacturers. Most specialist orthodontists build the prospect of refinement costs in to their total price.

In most instances, expect to pay hundreds of dollars in refinement costs if not included in the original quote.

## If I am not 100% satisfied with the outcome of my Invisalign treatment after refinements, does my Invisalign clinician have the skill and training to provide internal braces to complete the service?

Specialist orthodontists find that about 1 in 12 patients require internal braces to make adjustments after Invisalign treatment. All specialist orthodontists are skilled at providing this treatment and most will do so at no extra charge. A general dentist with no experience or technical training in internal braces may need to refer you to a specialist orthodontist to carry out the treatment.

In most instances, expect to pay the specialist orthodontist additional fees if your general dentist refers you for further treatment.

Is the practitioner a specialist orthodontist or a general dentist?

Will my health fund give me a rebate on my Invisalign treatment?

Which course of Invisalign treatment is being quoted?

What are "refinements" and do I need to pay for them?

If I am not 100% satisfied with the outcome of my Invisalign treatment after refinements, does my Invisalign clinician have the skill and training to provide internal braces to complete the service?

Will I still need retainers after my Invisalign treatment and do I need to pay for them?

Will I see, from start to finish, the same clinician who devises my treatment plan?

What is the Invisalign experience of my treating clinician, as distinct from the experience of the clinic where they practise?

## Will I still need retainers after my Invisalign treatment and do I need to pay for them?

Yes, you will be required to wear retainers to keep your teeth in their new position.

In most instances, expect to pay \$300 to \$500 for retainers at the completion of Invisalign treatment, unless these have been included in the price quoted initially.

## Will I see from start to finish the same clinician who devises my treatment plan?

Most specialist orthodontists will supervise your care throughout. Some clinics will have you seen by different operators.

In most instances, expect to pay less with providers who do not guarantee you the same clinician throughout your treatment.

## What is the Invisalign experience of my treating clinician, as distinct from the clinic where they practise?

Individual clinicians with varying levels of technical expertise, education, specialisation and experience carry out the Invisalign service, like any other dental treatment. Also, many clinics promote themselves as experienced Invisalign providers based on the total number of Invisalign cases carried out by the clinic as a whole. Note that the recognition status awarded to any clinic by the Invisalign manufacturers is not related to individual members of the clinic's team; it may be that the individual clinician caring for you has limited experience with Invisalign. Therefore try to find out the Invisalign and general orthodontic experience of your actual treating clinician. In most instances, expect to pay approximately 20% to 30% more where you are being treated by an experienced clinician.

# THE SKY IS THE LIMIT

When you're looking to make any big change in your life, we understand price is a very important consideration. As with other types of orthodontic treatment, the cost of Invisalign is dependent on the complexity of your case and your prescribed course of treatment. No two mouths are the same; hence, the cost of fitting these invisible "braces" will vary from person to person, as well as from practice to practice.



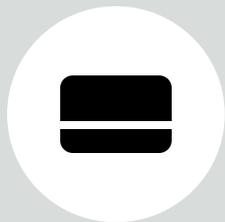
## What Are My Payment Options?

At Smile Solutions we want to make your dream smile a reality, so we offer flexible payment solutions for your orthodontic treatment with MyDentaPlan. MyDentaPlan includes:



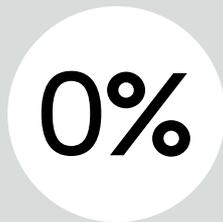
### Discounts

Discounts are offered for payments made in full on commencement of treatment and for large deposits.



### No Deposit

Want to get started straight away but can't afford the deposit? No problems!



### Interest Free

All payment plans are interest free.



### No Penalties

There are no penalties if you make lump sum payments or pay off your plan early.



### Deposit Inclusive

Place a deposit at the start of treatment to lower your repayments.

Speak to one of our friendly consultants to arrange a no deposit, interest free payment plan

## CLAIMING INVISALIGN THROUGH YOUR PRIVATE HEALTH INSURANCE

If your level of cover includes major orthodontics, you will be eligible for a rebate on your Invisalign treatment. Most health insurance providers impose a yearly and a lifetime limit on orthodontic cover, but at Collins Street Orthodontics we can tailor your payment plan to maximise your eligible rebates. Also, many major health funds will let you claim orthodontic procedures only if treatment is delivered by a specialist registered with the Dental Board of Australia. Rest

assured, at Smile Solutions your Invisalign provider will always be a registered specialist orthodontist!

At this appointment, you will receive a quote and all relevant information to provide to your health insurance provider, so you know what costs to expect when you begin your journey to a greater smile.

ZOOM  
WHITENING  
SPECIAL

**PHILIPS**  
**ZOOM!**

SMILE SOLUTIONS  
is providing an  
exclusive  
ZOOM! ONE  
HOUR TEETH  
WHITENING  
for  
**\$375\***

SMILE SOLUTIONS

Australia's Largest Provider  
of Zoom Teeth Whitening

To secure an  
appointment phone

13 13 96

For more information on teeth whitening visit  
[teethwhitening.com.au](http://teethwhitening.com.au)

\*Subject to availability. Only available on Saturdays. A \$100 non-refundable deposit is required, to be deducted from your account on completion of treatment.

# 6 REASONS TO SMILE WITH INVISALIGN

## 1 ALMOST INVISIBLE

Probably the number one reason Invisalign is a favourite alternative to braces is the fact that clear aligners are very hard to see, so your natural look is unaltered during treatment.

## 2 REMOVABLE

When you need to clean your teeth, enjoy a meal or for a special occasion, you simply remove the aligners; just remember to reinsert them afterwards.

## 3 EAT WHAT YOU LIKE

As you can remove the aligners for meals, you are free to eat the foods you would normally enjoy, without restriction.

## 4 NO BRACKETS OR WIRES

Without the brackets and wires associated with traditional orthodontics, your natural smile can shine through.

## 5 NOT BULKY

Your speech, although needing a day or so to adjust at first, will be hardly affected, if at all.

## 6 HYGIENIC

With fewer nooks and crannies for bacteria to hide in, this orthodontic solution is more hygienic than traditional braces.

Call 13 13 96 to arrange a complimentary no-obligation consultation with a specialist orthodontist at Smile Solutions.



# OUR SPECIALIST ORTHODONTISTS



**DR DAVID AUSTIN**  
Specialist Orthodontist

Dr David Austin graduated from the University of Melbourne in 2004 with a Bachelor of Dental Science, then worked as a dentist at a variety of private general and specialist orthodontic clinics in Melbourne. He also worked part-time for the Australian Defence Force. In 2007, he began specialist training in orthodontics at the University of Hong Kong. After three years in Hong Kong, Dr Austin moved to Shanghai, China, where he worked in one of the city's most famous clinics, treating expatriates from all over the world.

Dr Austin was recently inducted as a member of the Royal College of Surgeons of Edinburgh in orthodontics. He is a member of the World Federation of Orthodontists, the European Orthodontic Society, the Hong Kong Society of Orthodontists and the Australian Dental Association. He has published an article in one of Europe's leading orthodontic journals.

Dr Austin offers treatment for children and adults. As well as his native English, he converses in French, Italian and Spanish.



**DR STEPHANIE TANG**  
Specialist Orthodontist

Dr Stephanie Tang graduated from the University of Melbourne in 2006 with a Bachelor of Dental Science. She then worked as a dentist in private practice in rural Victoria.

Dr Tang began her specialist training in orthodontics at the University of Hong Kong in 2009. During her final year of study, she presented her research at the European Orthodontic Society meeting in Spain, for the prestigious Houston Award. In 2012, her research was published in the *European Journal of Orthodontics*. Recently Dr Tang was inaugurated as a member to the Royal College of Surgeons of Edinburgh in orthodontics. She is a member of the European Orthodontic Society, The Hong Kong Society of Orthodontics and the Australian Dental Association.

Dr Tang's specialities lie in fixed appliances (braces), growth modification, functional appliance treatment and mini-implants, and Invisalign.



**DR MARTIN POON**  
Specialist Orthodontist

Dr Martin Poon was born in Hong Kong in 1980 and was then raised in Melbourne, where he completed his secondary and tertiary education. He is fluent in both English and Chinese (Cantonese).

Dr Poon received a Bachelor of Dental Science from the University of Melbourne in 2002 and undertook postgraduate orthodontic training at the University of Pennsylvania, United States of America, in 2008. He also received his Masters in Oral Biology from the University of Pennsylvania in 2008.

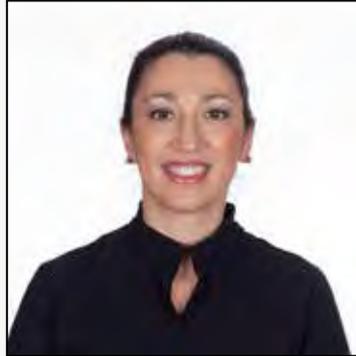


**DR ED KARIM**  
Specialist Orthodontist

Dr Ed Karim worked as a general dentist both overseas and in Australia before developing an interest in the specialist field of orthodontics. In 2007 he completed a course of study within the Faculty of Dentistry at the Royal College of Surgeons in Ireland, focusing mainly on clinical dentistry for practitioners intending to undertake specialist training.

Dr Karim then relocated to Adelaide and in 2009 graduated from the University of Adelaide with a Bachelor of Dental Science (Hons), after which he continued to work as a general dentist. In 2011 he embarked on three years of post-graduate study to obtain his doctorate in Clinical Dentistry (Orthodontics) from the University of Adelaide in 2013.

Dr Karim has clinical as well as academic teaching experience, having tutored in Clinical Dentistry at the University of Adelaide from 2009 to 2013 and previously at Sharjah University, United Arab Emirates. He is a member of the Australian Dental Association and the Australian Society of Orthodontists. Dr Karim is fully certified in the use of Invisalign, as well as Incognito™ lingual orthodontics.



**DR ANDREA PHATOUROUS**  
Specialist Orthodontist

Dr Andrea Phatouros completed her Bachelor of Dental Science degree in 1991 at the University of Western Australia, where she then worked in private dental practice and subsequently became responsible for the first year dental program for undergraduate dental students. In 1994 she became a Fellow of the Royal Australasian Society of Dental Surgeons.

In 2005, Dr Phatouros completed her specialist training in Orthodontics at the University of Western Australia, where she was awarded the Postgraduate Clinical Award for Excellence in Clinical Presentation. Dr Phatouros continued working in specialist private practice in Perth, where she also continued teaching in Orthodontics for both the undergraduate dental program and the postgraduate orthodontic program.



**DR HASHMAT POPAT**  
Specialist Orthodontist

Dr Hashmat Popat gained his Bachelor of Dental Science from Bristol University, United Kingdom, in 2000. After graduating, he travelled to Australia to work at Sydney Dental Hospital and then for Queensland Health before moving back to the UK to complete his specialist orthodontic training at Cardiff University in 2008.

Dr Popat continued to work for Cardiff University while completing a PhD. During this time he also led the undergraduate orthodontic dental course at the School of Dentistry and took a senior academic role on the Specialty Training Programme, which prepares postgraduate dentists to become specialist orthodontists. He has published over 30 papers in international peer-reviewed journals and conducted research projects in all aspects of orthodontics, including Invisalign.

Dr Popat has a wide range of clinical experience, having worked alongside general dentists and other dental specialists treating multidisciplinary orthodontic cases. He can offer treatment to children and adults using ceramic (white) braces, lingual braces or Invisalign.

# WHY IS INVISALIGN SO APPEALING?



**By DR MARTIN POON**

BDS (Melb), Cert Orth MS (Uni of Penn)  
Orthodontic Care – Specialist Orthodontist

**M**etal braces have long been the preferred option among orthodontists for straightening patients' teeth and bite. These braces are the tried and proven method but the so-called "train tracks" are not always well received, especially by adults (for obvious aesthetic reasons).

Attempts to improve the appearance of braces over time have yielded options such as clear braces, or even internal braces that fit behind the teeth, known as lingual braces; and these alternatives certainly succeed in improving appearance. Now, however, Invisalign provides a virtually invisible alternative.

Invisalign treatment involves a series of clear trays known as aligners that gradually move your teeth in a pre-determined position as you progress through the adjustment stages. There are many advantages to Invisalign. Comparable in cost to conventional braces, it is hardly noticeable in the mouth, if at all, and

it is much more comfortable than braces. It has minimal impact on your lifestyle as it can be removed for eating, drinking, an important work meeting or even that hot date! Another big advantage I see among my patient' is the improvement in their oral hygiene. Unlike braces, Invisalign can be removed for brushing and flossing, allowing for better oral hygiene.

The questions I am most often asked by patients are whether Invisalign does the same job as braces and whether it works for everyone. In the 10 years during which I have been using Invisalign, I have seen mixed results among orthodontic patients across the board. The individual outcome really comes down to two main factors.

The first factor is the experience and treatment planning of the clinician. The predictability of what Invisalign can achieve has improved greatly since its introduction. Using sophisticated computer software

called "ClinCheck", we can now give patients, before we put in the first aligner, a good idea of how their teeth will look at the end of treatment. The feasibility of this result comes down to what the clinician sees as achievable and how he or she plans the movements that are built in to each individual aligner.

The second factor is the compliance of the patient. If the aligners are not worn, Invisalign doesn't work. I always tell my patients "Invisalign works in the mouth, not in the box at home."

With a well thought out plan and good compliance, I can genuinely recommend Invisalign as an alternative to braces in many cases. Our orthodontists are experienced in Invisalign and know what it can achieve. They are also skilled in providing braces, enabling them to discuss with you the best options for straightening your teeth and bite.

# WHAT IS THE DIFFERENCE BETWEEN A DENTIST AND AN ORTHODONTIST?

## DENTIST

Registered general dentist - dental degree

Coordinates overall dental health

Diagnoses and treats diseases of the teeth and oral tissues

Advises on provision and maintenance of general dental care

## ORTHODONTIST

Registered specialist - dental degree and specialist orthodontic degree

Specialises in diagnosing and treating teeth and jaw alignment issues

Orthodontic and orthopaedic management of facial growth

Knowledge of all orthodontic treatment options for adults and children

Expert orthodontic treatment for the best possible smile

An orthodontist is a specialist who has undertaken additional education and training in straightening teeth and choosing the best treatment option specifically for you or your child. A general dentist receives broad training across all fields of dentistry; however, they are not a specialist in moving teeth. While your dentist may well be the first to recognise that you may have an orthodontic problem, an orthodontist–dentist partnership can achieve the best results for your oral health –and your smile.

► **Orthodontists specialise in aligning jaws and straightening teeth and have expert knowledge of new and emerging technologies to create healthy, attractive smiles.**

**Dentists** clean teeth, fill cavities and check your general oral health.

As part of your dental team, a specialist orthodontist has the ability to align your teeth to help create beautiful smiles - but it is not just about straight teeth.

Too often patients are led to believe that achieving straight front teeth is what orthodontic treatment is all about. Orthodontists are the specialists to plan, create and retain your new smile. Obtaining the best bite is also important when undertaking treatment, as are harmony and balance with the facial profile.

Although moving teeth seems like a simple process, it is not. Make sure you entrust your/your child's teeth, bite and smile to the most qualified person: a trained and registered specialist orthodontist.

### WHO CAN BE AN ORTHODONTIST?

Orthodontists are dentists who have an additional full-time degree from an accredited university that qualifies them to become registered specialists in orthodontics.

Orthodontists in Australia must:

- complete an AHPRA-registered general dental degree
- have the equivalent of at least two years' clinical experience as a dentist
- be registered as a specialist in orthodontics.



**Smile**  
SOLUTIONS  
MELBOURNE'S HOME OF DENTISTRY®

# SERVICES



**COSMETIC DENTISTRY** Cosmetic dentists, porcelain veneers, teeth whitening and specialist prosthodontists.

**DENTAL IMPLANTS** A team of six registered specialists: two oral & maxillofacial surgeons, two periodontists and two prosthodontists.

**INVISALIGN AND BRACES** Six registered specialist orthodontists to choose from and a team of orthodontic treatment coordinators.

**FAMILY DENTAL CARE** General dentistry for the family, including specialist care for children.

**EMERGENCY CARE** Our caring emergency dentists and team of three root canal specialists are available during extended hours, 7 days a week.



Dr Madeline Sinclair | General Dentist



SPECIALISTS

DENTISTS

HYGIENISTS



Smile  
SOLUTIONS  
MELBOURNE'S HOME OF DENTISTRY®

## WE BROKE THE MOULD

### SMILE SOLUTIONS AT A GLANCE

A complete dental team collaborating in one location, fulfilling every facet of your and your family's dental needs utilising the latest dental technology.

Superlative clinicians with expertise in cosmetic dentistry, general dentistry, Invisalign, dental implants, children's dentistry, porcelain fillings, internal braces and more.

Multi award-winning practice – recipient of the Telstra 2014 Victorian Business of the Year Award, ABA100 winner for Service Excellence in the Australian Business Awards 4 years in a row (2012–2015), ABA100 winner for Employer of Choice in the Australian Business Awards 2 years in a row (2014 & 2015) and winner of the Australian Business Award for Innovation in dentistry in 2013 and 2014.

Occupying four floors and the awe-inspiring tower of the magnificent Manchester Unity Building.



### IN THE WORDS OF DR KIA PAJOUHESH

"In 1993 I set out to build the practice of dreams to attract both clients and the most talented clinicians. The dream started with only eight people on our books. Today over 90,000 local and international patients have embraced Smile SOLUTIONS as the practice of choice for their specialist and general dental needs. In fulfilling our goal, we have revitalised a Melbourne icon as our home, we have equipped our suites with first class technology and have attracted 60 clinicians. It would be a privilege to welcome you to our practice as a valued client."

– Dr Kia Pajouhesh, Managing Director, Smile SOLUTIONS.

SPECIALISTS

DENTISTS

HYGIENISTS

SMILESOLUTIONS.COM.AU

# WHEN IS THE BEST TIME FOR YOUR CHILD TO ATTEND AN Orthodontic Consultation?

By **DR ANDREA PHATOUIROS**

BDS Sc (WA), MDS Sc Orth (WA), FRACDS

Orthodontic Care-Specialist Orthodontist



Any orthodontic problems your child may be facing are usually evident by the age of seven – this is the age when most children’s first adult molars have already erupted and their upper adult incisors have started to erupt.

The Australian Society of Orthodontists recommends that children be seen at this age so an evaluation can be made as to whether they will need orthodontic treatment in the future; and, if not, so that the orthodontist can monitor the eruption of the child’s permanent teeth as their body grows.

## Why start early orthodontic treatment?

Early orthodontic treatment – recommended as soon as your child’s last baby tooth has been lost, which usually occurs in the early teens – aims to avoid more serious problems later on. It can also make future orthodontic work less complicated and of a shorter duration. In some cases, early treatment may even eliminate the need for later treatment.

## WHAT THE ORTHODONTIST IS LOOKING FOR:

- Protruding upper teeth
- Early or late loss of deciduous (baby) teeth
- Crowded or impacted teeth
- Difficulty chewing and/or biting
- Mouth-breathing
- Thumb or finger-sucking habits beyond the age of five
- Speech impediments
- Teeth that do not come together in a normal manner
- Shifting of the jaw when your child opens or closes their mouth (crossbite)



## ADVANTAGES OF EARLY ORTHODONTIC TREATMENT:

- Corrects or guides the growth of the jaw
- Guides the eruption of permanent teeth, particularly if they are impacted
- Lowers the risk of trauma to any protruding upper front teeth
- Addresses oral habits like thumb sucking and finger sucking, which can lead to an open bite
- Maintains space after early loss of deciduous (baby) teeth
- Eliminates a traumatic bite (where the lower teeth bite into the upper gum)
- Improves personal appearance
- Potentially simplifies and/or shortens orthodontic treatment time for any later comprehensive orthodontics (braces).

# A HELPING HAND



At SMILE SOLUTIONS, our orthodontic therapists will assist your orthodontist with many aspects of your treatment and are here to help you throughout your journey with us.

Our orthodontic therapy team: Jennifer, Christina, Chatelle, Samantha, Maddie, Krista & Natalie (absent on the day: Jane)

**Jennifer Slattery, BOH (Melb)**  
After graduating with a Bachelor of Oral Health from the University of Melbourne in 2008, Jennifer worked concurrently for Dousta Galla Community Health Service and Smile Solutions where she relished the opportunity to broaden her hygiene and therapy experience, splitting her time between general practice and orthodontics. She particularly enjoys working alongside periodontists in the management and treatment of periodontal (gum) disease.  
Since graduation, Jennifer has worked as a clinical demonstrator for the Bachelor of Oral Health students at The University of Melbourne and Charles Sturt University through the Holmseglen campus.

**Christina Melas, Dip. OHT (Melb)**  
Christina graduated from the University of Melbourne in 2004 with a Diploma in Oral Health Therapy and has since spent more than a decade working as an orthodontic dental therapist. She has had additional training in lingual orthodontics and has seven years' experience in this field.  
Christina is an advocate of life-long learning and strives to increase her dental knowledge through continual education. As a mother herself, she has a particular interest in paediatric orthodontics.

**Chatelle Wehi, BOH (LaTrobe)**  
Chatelle achieved a Bachelor of Oral Health Sciences degree at La Trobe University Bendigo in 2011, qualifying her as an oral health therapist. In this role she works alongside a specialist paedodontist to provide a fun and easy experience for kids in the

dental setting, while identifying any need for further orthodontic assessment. Passionate about prevention through effective education, Chatelle also works alongside Smile Solutions' general dentists, specialist periodontists and specialist orthodontists.  
With orthodontist supervision Chatelle can, for example, change the wires on braces, give instructions on how to look after braces or Invisalign aligners, or be the friendly face when the time comes to remove braces.

**Samantha Makin, Dip. OHT (Melb), ADOH (Adel)**  
Having entered the dental health industry as a dental assistant, Samantha sought a more hands-on role and in 2005 she graduated with a Diploma of Oral Health (Dental Therapy) from the University of Melbourne.  
After a year as a dental therapist with the School Dental Service in Victoria, she gained an Advanced Diploma of Hygiene from the University of Adelaide.  
An enthusiastic member of the large team at Smile Solutions, Samantha works in general hygiene and therapy care, as well as orthodontics.

**Maddie Edwards, ADOH (RMIT)**  
Maddie started her career in the dental industry as a dental assistant. After eight years she took on the challenge of a hands-on role, studying dental hygiene and graduating as a dental hygienist in 2015.  
While still working in general hygiene care within Smile Solutions, Maddie has developed a keen interest in orthodontics and loves being a part of the enthusiastic and close-knit team in the Collins Street Orthodontics tower.

**Natalie Parkes, Dip. OHT (Melb)**  
Natalie Parkes graduated from the University of Melbourne in 2001 with a Diploma in Oral Health Therapy (dental therapy). She then spent two years working part time for the School Dental Service in the northern suburbs of Melbourne before committing to a full-time career in orthodontics.  
Natalie has now been an orthodontic therapist for 15 years, during which time she has gained a wealth of knowledge and experience in treating children as well as adults. She has a great depth of knowledge and experience in different systems – including Invisalign, lingual braces, functional appliances and direct and indirect bonding of braces. Natalie has also furthered her education, gaining a Diploma in Dental Technology and an Advanced Diploma in Dental Prosthetics. She takes every opportunity to attend orthodontic conferences and congresses in Australia and overseas.

**Jane Gleeson, BOH (La Trobe)**  
Beginning her dental career as an assistant in 2006, Jane discovered her passion for all things dental and took this interest to the next level by gaining a degree in Oral Health Therapy at La Trobe University Bendigo. After graduating in 2011, she devoted her time to the fields of dental therapy, dental hygiene and orthodontics in both the public and private sectors. Jane found that she had a particular interest in the field of orthodontics and now works solely in this area.



# ARE THESE YOUR TEETH?

A confident smile and increased self-esteem aren't the only benefits to be gained from enhancing your smile with Invisalign – your oral health will benefit too. Learn more about several common irregularities that our orthodontists can work with you to correct. **Take our questionnaire to find out if you are suitable for Invisalign**

## CROWDING

This occurs when there's insufficient room for all of your teeth to fit normally within your jaw structure. If left untreated, overcrowding can increase the chance of gum disease because your teeth are harder to clean and can also impede the normal functioning of your teeth.



## EXCESSIVE SPACING

This happens when there's too much room in your jaw structure for the number of teeth. This could be due to having unusually small teeth, abnormal growth of the jaw bones, genetics, tongue protrusion or missing teeth. When teeth are missing, the other teeth sometimes drift into the available space. Excessive spacing can lead to some periodontal diseases – including gingivitis and periodontitis – which, if left untreated, can lead to tooth loss.

## CROSSBITE

This is when the upper and lower jaws are misaligned. It usually causes one or more upper teeth to bite on the inside of the lower teeth and can happen at both the front and the sides of the mouth. It can cause excessive wear of the teeth, gum disease and bone loss.



## OVERBITE

This is when the upper teeth significantly overlap with the lower teeth. It is typically caused by genetic inheritance, bad oral habits, or overdevelopment of the bone that supports the teeth. This irregularity can lead to gum irritation or other problems, wear on the lower teeth, and jaw and joint pain.

## UNDERBITE

This is when the front lower teeth protrude past the front upper teeth, usually caused by undergrowth of the upper jaw, overgrowth of the lower jaw, or both. An underbite can prevent the normal function of front teeth or molars, which can lead to tooth wear. It can also cause painful jaw and joint problems.



# WHY ARE MISALIGNED TEETH A PROBLEM?

## CROWDING



Before

After

## SPACING



Before

After

## OVERBITE



Before

After

## UNDERBITE



Before

After

## CROSSBITE



Before

After

Many Australians have misaligned teeth, also known as malocclusion. Common types of misalignment include crowding, spacing, deepbite, openbite, crossbite, excessive overjet and edge-to-edge bite.

Misaligned teeth can affect your periodontal (gum) health, because it is difficult to remove plaque and bacteria from crowded areas. Bacteria that are not properly removed will multiply and might trigger periodontal disease, which begins as gum inflammation, redness, and bleeding while brushing and flossing. If left untreated, gum inflammation is likely to progress over time and cause chronic infection, soft tissue damage, receding gums, periodontal pockets, bone loss and eventually tooth loss. These conditions can require painful repair and maintenance, possibly incurring thousands of dollars in expense and countless hours in the dentist's chair.

At their worst, trapped bacteria can invade blood vessels, causing damage to the cells that line your coronary arteries and thereby increasing your risk for heart disease, stroke and other illnesses.

Misaligned teeth can also affect your bite, placing teeth under undue pressure and thus causing chipping and notches at the gum line. In time, the excessive force may also flatten the teeth or wear them down, as well as causing chipping and fractures at the edges of the teeth. This premature wear can lead to gum recession, poor bone support at the roots, loose teeth, and (eventually) tooth loss. In addition, a bad bite may exert forces on the jaw joint that can lead to pain in the jaw, earache and even headaches.

Correctly positioning your teeth for proper alignment and function will help prevent future dental problems and make a significant contribution to keeping your teeth for life and maintaining a healthy mouth and body.

All problems in the oral cavity are best treated in the early stages. Ask today about Invisalign, a series of clear aligners that are custom-made to gradually align your teeth, and start on the road to a healthier you.

*Please note that the Before and After images on this page are simply an educational guide and by no means represent a guarantee of outcome.*

“Correctly positioning your teeth for proper alignment and function will help prevent future dental problems”



# HYGIENE BENEFITS OF INVISALIGN



**JENNIFER SLATTERY**  
BOH (Melb)  
Oral Hygiene and Dental Therapy

Improved aesthetics should not be your only goal when making the decision to straighten your teeth. The notable benefits to your oral and overall health should also be considered.

From experience, some of us know how difficult it can be to maintain optimum oral health with crowded or crooked teeth.

Overcrowding, as well as spacing, can make brushing and flossing a challenge – and this can be disheartening as you may still be prone to plaque build-up and staining, no matter how diligent you are with your hygiene routine. Excessive plaque – and the calculus that develops from it – may increase the risk of periodontal disease and tooth decay, which can affect your overall health and wellbeing.

Using Invisalign to straighten your teeth will improve your ability to clean effectively, even during treatment (since the aligners are removable).

The only fixed components to Invisalign are tooth-coloured attachments bonded to certain teeth to allow greater movement in some areas. These attachments, which look like a small addition to your natural tooth surface and are removed at the end of treatment, are extremely easy to clean and barely visible.

Anecdotal evidence suggests people become more aware of their oral hygiene when they begin a course of treatment with Invisalign and they are more interested in improving and maintaining their oral health because it is so easy to do so. In addition, the visibility afforded by the clear aligners encourages the user to keep their teeth looking sparkly and clean.

Invisalign's custom-made, removable aligners also allow you more freedom, as you can take them out to eat, drink, brush and floss. Fixed orthodontics, such as braces, do not permit this, often making eating and cleaning more difficult, and the choice of what to eat can be problematic, as particular foods tend to disturb the fixed components.

We encourage our patients to complete any outstanding dental treatment before they begin with Invisalign. But should the need for a filling arise, it can be completed during the Invisalign process, as long as the dentist performing the procedure makes sure the filling does not affect the fit of the custom-made aligners.

As far as regular scale-and-clean appointments are concerned, Invisalign makes these more convenient than they are with traditional braces as the aligners can be removed for the duration of the appointment.

And finally, your dentist can perform a thorough check-up while you are wearing Invisalign. As there are no metal components involved, routine X-rays can be taken and produced normally and accurately.

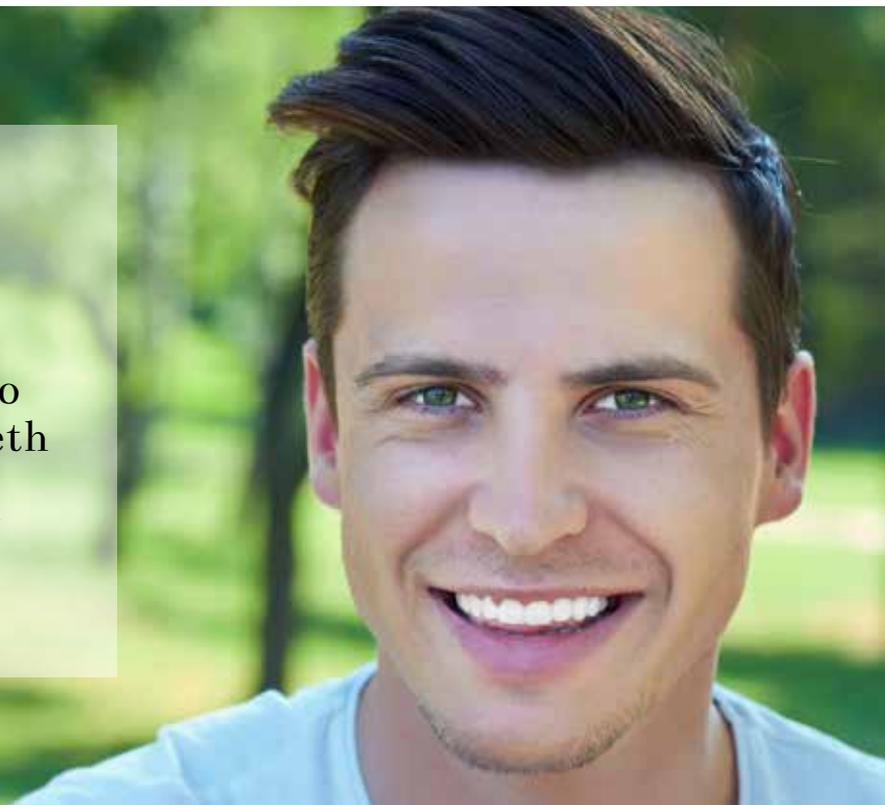
So, if you are somebody who has trouble cleaning their teeth due to crowding or spacing, or if you are concerned about the difficulty of eating and of cleaning your teeth during orthodontic treatment, Invisalign is likely to be the most practical, aesthetic and effective method of teeth straightening for you.

Virtually the only complaint we hear from our Invisalign clients is that they wish they had started treatment sooner!

## BENEFITS TO ORAL HEALTH

\* Improve your ability to effectively brush your teeth

\* Decrease your risk of periodontal disease





## OUR ORTHODONTIC NURSING TEAM

Clockwise from top:  
Emma, Kate, Jenny, Brittany

# 5 WAYS TREATMENT COORDINATORS CAN HELP YOU



Our treatment coordinators  
Laura, Christina, Natalie, Jodi & Camille (Not in picture: Lauren)

## 1. PERSONALISED SERVICE

An orthodontic treatment coordinator (OTC) is your personal point of contact at Collins Street Orthodontics. OTCs streamline your treatment by coordinating all of your appointments and communicating with orthodontists, other specialists and general dentists to ensure a seamless experience.

## 2. EXPERIENCE

All of the OTCs at Collins Street Orthodontics possess a wealth of knowledge, having had considerable orthodontic experience.

## 3. AVAILABILITY

Collins Street Orthodontics is open six days a week, with our OTC team readily available to assist with any queries.

## 4. COMMUNICATION

Your OTC will have regular communication with the orthodontists and be available to discuss specific aspects of orthodontic treatment as they relate to your case.

## 5. PAYMENT ARRANGEMENTS

Your OTC can discuss with you all the details of your financial options, such as payment plans and private health insurance claims.



# MULTIDISCIPLINARY CARE AT



Specialists | Dentists | Hygienists

**A**dvancess in dental technology, together with the increasing requirement for practitioners to update and extend their knowledge through post-graduate study, have created an opportunity for multiple clinicians who are specialised in their own fields to work closely together to bring you comprehensive dental care. Smile Solutions registered specialists include oral & maxillofacial surgeons, endodontists, periodontists, prosthodontists and paedodontists caring for you and your children in one first-class location.

## ORAL & MAXILLOFACIAL SURGERY

Oral & maxillofacial surgeons are specifically trained to diagnose and treat a wide spectrum of oral diseases, trauma and conditions. Our oral & maxillofacial surgeons will cater for all your oral surgery needs, including wisdom teeth management, orthognathic (jaw) surgery, implant dentistry, bone grafting and more.

## ENDODONTICS

Endodontists, often referred to as root canal specialists, are registered specialists who focus on treatment of the tooth pulp (nerve) and the tissue surrounding the root of a tooth. Endodontists perform a variety of procedures, including root canal therapy, endodontic re-treatment, and treating cracked teeth and dental trauma. Endodontic treatment may be necessary to save a tooth where the tooth pulp has become diseased or injured. Our three resident endodontists will work closely with your general dentist to deliver the best possible dental treatment available.

## PERIODONTICS

Periodontics is the field of dentistry that focuses on the gums and supporting structures of the teeth. This includes bone grafts, implant surgery, periodontal surgery (gum surgery), gum lifts, and treatment of gingivitis and periodontal disease. Successful orthodontic treatment (such as with Invisalign) relies on healthy gums and jawbones as a starting point.

## PROSTHODONTICS

Prosthodontics is the field of dentistry that focuses on the restoration of teeth that require crowns, veneers, bridges, implants, dentures or any combination of these. Our prosthodontists are experienced in a range of procedures, from single tooth management through to full arch rehabilitations and Teeth in 3 Days™.

## PAEDODONTICS

Paedodontists are registered specialists who treat and care for the special dental needs of children. Their focus is on the growth and development of teeth, decay prevention and dental treatment. At Smile

Solutions our paedodontist works closely with our general dentists and dental therapists.

A large component of paediatric dentistry involves understanding child psychology and establishing trust through child-friendly communication styles and environments. Our paedodontist's "teddy bear therapy" makes a visit to the dentist most enjoyable and can make all the difference if your child is already anxious.





# FOR THOSE PATIENTS NOT SUITABLE FOR INVISALIGN

we offer several alternative treatments

## OPTION ONE



### CLEAR CONVENTIONAL BRACES

Braces consist of two main parts: a series of brackets (either metal or clear) attached to the surface of each tooth; and an arch wire running through the brackets, which slowly moves the teeth when tensioned.

With recent advances in technology, traditional braces have become smaller and more appealing than their predecessors. The metal brackets are smaller too, and can be almost-clear acrylic or white ceramic, while even the metal arch wire can now be white-coated for decreased visibility. If you're worried that you might not wear your Invisalign aligners as often as you should, fixed clear braces could very well be your answer.

## OPTION TWO



### INTERNAL (LINGUAL) BRACES

A very appealing solution to your orthodontic concerns, lingual braces are worn on the back (tongue side) of your teeth, so no one will even know you're in treatment!

The main components of lingual braces are custom made in Europe for you and you alone, with brackets that fit snugly to the internal side of your teeth and a wire that's threaded accordingly. Using the same treatment technique as traditional braces and designed for all ages, your internal braces will give you the confidence to smile than ever before.



CAN YOU TELL WHICH SMILE SOLUTIONS STAFF MEMBER IS WEARING INVISALIGN?\*

\*ANSWER: ALL OF THEM

# IS IT TOO LATE?

## ADULT ORTHODONTICS

“Am I too old for orthodontics?” is a question commonly asked by adults considering treatment. The answer is, of course, No. As long as you are determined (and still have teeth), it is never too late to have a great smile.

Over recent years we have all become much more aware of our teeth and how to look after them. This positive shift has enabled us not only to keep our teeth for longer but also to be more aware of how they look as well as how they function.

Many of today’s adults didn’t have the opportunity to have braces when they were younger. And now that they can afford to make their own decisions, some wonder about braces being able to move their teeth or being the right look at their age. The truth is, in many cases adults are the ideal patients. Since they have made their own decision to start treatment (unlike teenagers, whose parents decide), they are more likely to look after their orthodontic appliances, and this often helps the orthodontist to achieve their goals.

And there’s more good news for orthodontic patients in the 21st century. Gone are the days when wearing braces meant looking like The Terminator. Advances in orthodontic appliances mean that metal braces not only have become much smaller but also are available in different and less obvious forms. Options include tooth-coloured ceramic braces, internal (lingual) braces that attach to the back of the teeth, and removable clear aligners, such as Invisalign. All of these make your treatment less visible.

Remember this: Orthodontic treatment is not only for cosmetic improvements. Straighter teeth make it much easier for you to clean your teeth and maintain good oral health; while crooked teeth can accelerate wear and impede cleaning efforts. There are also times when teeth need to be aligned before restorative or cosmetic dental work can be carried out.

For all of the reasons above, it is never too late to consult an orthodontist and make your dream smile a reality.



# A DAY IN THE LIFE OF AN ORTHODONTICS MANAGER

With over 2,000 patients undergoing current treatment



**JODI EVANS**  
Orthodontic General Manager  
Collins Street Orthodontics

Orthodontics is all about organisation, efficiency and anticipation.

At Collins Street Orthodontics, we see up to 130 patients per day and it's my job as Orthodontics Manager to make sure my team is prepared for whatever the day throws at them.

I've worked in orthodontics for 12 years, starting as a junior nurse, then progressing through receptionist and treatment co-ordinator. Experience in every aspect of the clinic gives me the ability to make quick decisions and to know what's coming and the best way to handle it. Most importantly, I'm able to give advice to my team and help ensure our patients receive the best possible care and attention.

A lot of my day is spent in discussion with and training my staff. Together, we deal with matters for prospective patients, current patients, orthodontists and referring dentists. It's not

uncommon to have a line-up of staff at my desk waiting to ask a question.

Teamwork is essential in orthodontic. Appointments are quite quick and it's important for all staff to know what's happening so we can support one another. As a manager, I ensure we're sticking together and communicating. Patients are our first priority and I want all of their experiences with us (usually an appointment every 6 weeks, for 2 years) to be calm, pleasant and personalised – even if things feel chaotic behind the scenes! My aim is to keep staff composed and their attention focused. To do this, I delegate tasks and help my team find the best way of working together.

I also have to be ready to jump in and be hands-on – whether it be putting on a nursing gown and assisting, coordinating treatment for a new patient, or digitising Invisalign plans ready for patients.

Behind the scenes, I'm constantly working on ways to make the clinic more efficient and thinking about how we can improve the experience of our patients. I make sure our team stays at the forefront of orthodontics in Australia in order to provide great service to our patients. I believe it has a large, positive impact on patient experience if our team is enjoying what they do.

The most rewarding aspect of being part of an orthodontic team is building relationships with our patients. Seeing them at appointments every 6 to 8 weeks means we get to know *them* – not just their teeth. Orthodontic treatment isn't painful but I enjoy making sure our patients are happy and comfortable. As we're helping patients achieve a beautiful new smile, they're always so grateful – and that's a lovely feeling.





# OUR ADMINISTRATION TEAM

Jodi, Laura G, Kara, Kris,  
Sandra & Laura B

# ORTHODONTIC BUYING GUIDE

## TOP 10 CHOICE TIPS

### Check the practitioner's credentials

Ask about their qualifications, experience and results with previous patients. Look up a dental practitioner on the Australian Health Practitioner Regulation Agency website.

### Ask for personal recommendations

You don't need a referral to see an orthodontist.

### Cost and treatment times vary

according to the complexity of the case.

### Get a second or third opinion

If you're not convinced about the diagnosis or treatment plan. If you're spending thousands, it's important to be confident with the treatment.

### That quick, cheap fix might cause more problems later

requiring expensive undoing and more time in braces.

### Discontinue treatments

Orthodontists are bound by a formula whereby payments are proportioned between the initiating orthodontist and the new orthodontist, so you won't bear the full cost twice.

### Check your health insurance rebate

You'll probably be surprised at how little is reimbursed.

### Look after your teeth

Follow instructions for brushing, flossing, and cleaning appliances; avoid sweet, sticky, hard foods and sugary drinks; keep up your regular periodontal appointments.

### Wear a mouthguard

over your braces when playing contact sports and sports where you might suffer a blow to the face from a fall or an object.

### Wear your retainer

Your teeth will continue to move throughout life, and without a retainer all the work from braces will come undone.

## Orthodontist vs Dentist

"Orthodontists are specialist dentists who've undergone an additional three year university degree in orthodontics where they learn how to diagnose, prevent and treat facial irregularities to correctly align teeth and jaws."

"Figures from Dental Protection Limited, the professional indemnity insurers covering most dental practitioners in Australia, indicate that 80–90% of malpractice claims due to clear aligners involved dentists rather than orthodontists."

"If we have 100 patients with exactly the same problem, there will be an incredible variation in the way they respond. Orthodontists can adapt the treatment to the response. This is impossible to teach in the general dental curriculum, or in a weekend orthodontics course."

### Advantages of going to an orthodontist...

They are the experts in straightening teeth and correcting bite. This is what they've been trained in for three years, and what they do day in, day out. That depth of knowledge and experience cannot be matched by a general dentist.

Successful treatment is contingent upon an accurate diagnosis and assessment of your teeth and jaw issues – knowledge and experience are critical for this.

An orthodontist has many tools and systems at their disposal, and they can choose the best one for your situation, which may change during treatment depending on how your teeth respond. The tool your general dentist uses may not be the best one, or even a good one, for your situation.

[choice.com.au](http://choice.com.au)

CHOICE surveyed their members to find out about their experiences with braces and other tooth realignment treatments.

MAINTAIN YOUR NEW SMILE WITH

# vivera retainers



## Why choose Vivera retainers?

Vivera retainers are 30% stronger\* than other leading clear retainer materials – a factor that's critical for keeping your teeth in their desired position.

Vivera retainers are made using the same state-of-the-art technology as Invisalign aligners.

You will receive three sets of Vivera retainers, so you can switch to a fresh set every few months or have a spare set in case of lost or broken retainers.

Vivera retainers are constructed using 3D digital imaging – no gooey impressions needed!

\*lab tests data on file at Align Technology



# SPEED UP YOUR INVISALIGN TREATMENT WITH ACCELEDENT®



**CHRISTINA MELAS**  
Dip.OHT (Melb)  
Orthodontic Dental Therapist

**H**ave you ever wished you had a magic wand to speed up your Invisalign treatment? Well, with the help of Collins Street Orthodontics at Smile Solutions, you do!

Many of our Invisalign patients are choosing to speed up their treatment time by using AcceleDent® – a comfortable electronic device that shortens the length of treatment for a patient being provided with Invisalign, clear or conventional braces.

Traditionally, tooth alignment is achieved by exerting pressure on the teeth and thus stimulating bone remodelling, which is the key to changing the position of the teeth.

With AcceleDent, this remodelling happens at a faster rate, so your teeth also align more quickly. It has also been shown to make the orthodontic experience more comfortable by decreasing tenderness during treatment.

## HOW DOES ACCELEDENT WORK?

The system uses a mouthpiece that is worn for 20 minutes every day during orthodontic treatment. AcceleDent delivers to the upper and lower jaws a series of evenly distributed, high-frequency micro pulses (similar to the vibrations felt when using an electric toothbrush). By stimulating the soft tissue and bone, these micro pulses increase the blood supply to the site, which in turn speeds up the remodelling of the jawbone.

It has been clinically proven that, when used as recommended, AcceleDent can speed up Invisalign progress by up to 50 per cent.\* For example, during a full course of Invisalign treatment a patient is normally required to change aligners every two weeks, whereas with the daily use of AcceleDent this can be decreased to a 7–9 day changeover. Effectively a 12-month treatment plan can be achieved in only eight months with the use of AcceleDent. Also, if a patient with braces is required to see their orthodontist every eight weeks, appointments can be less than six weeks apart.

Speeding up your treatment for a special event – whether it be a wedding or an overseas trip, for example – is that very “magic wand” that could add significant value to your orthodontic outcome.

AcceleDent is a safe, TGA (Thearapeutic Goods Association) & FDA approved hand-held device. Although there is no clinical evidence to suggest that medically compromised patients should refrain from using AcceleDent, we do recommend that pregnant patients and those with a pacemaker do not use this product.

Be sure to ask about AcceleDent when you visit us at Smile Solutions.

*\*Source: [acceleddent.co.uk](http://acceleddent.co.uk)*



# I NEED A Smile Makeover

## How can Invisalign help?

The team at Smile Solutions are the experts in Smile Makeovers. A Smile Makeover often requires a multidisciplinary approach, incorporating a number of different dental specialties (including orthodontics).

Invisalign can be used in combination with other dental approaches in order to create a beautiful smile and a perfect bite. Common combinations include the following:

### INVISALIGN AND PORCELAIN VENEERS

A straighter, brighter smile can readily be achieved with Invisalign followed by porcelain veneers. Using Invisalign to straighten teeth before placing veneers is ideal as more natural tooth structure is conserved and excellent oral hygiene can be maintained. Furthermore, dual treatment with Invisalign® and veneers allows patients to achieve a smile personalised to their expectations and preferences.

### INVISALIGN AND ORAL SURGERY

Smile Solutions orthodontists and oral & maxillofacial surgeons are some of the first in the industry to use a combination of Invisalign and jaw surgery, eliminating the need for regular braces. This allows for the comfort and the “no braces” appearance of Invisalign before and after surgery. At the cutting edge of specialist treatment, our highly experienced team work together closely to provide a personalised, unique approach to each patient’s treatment.

### INVISALIGN AND GUM LIFTS

Gum lifts are a common aesthetic remedy for patients who either have a gummy smile or have teeth that are too short. Combined with Invisalign for patients who also wish to address their teeth crowding and/or bite, this dual treatment approach results in a noticeably fuller smile.

### INVISALIGN AND TEETH WHITENING

Whiter, straighter teeth can be achieved with a combination of Invisalign and Zoom! in-chair teeth whitening. Many patients elect to have their teeth whitened at the conclusion of their orthodontic treatment to highlight their new, dazzling smile.

### INVISALIGN AND DENTAL IMPLANTS

Should patients require replacement of missing teeth, Invisalign can provide the space required for a dental implant, while also aligning the other teeth and perfecting the bite. This is a particularly favoured approach for patients who have too little space or excessive movement of teeth following tooth loss.

### BEFORE & AFTER

Both patients had Invisalign, gum lift and veneers





# invisalign®

## FREQUENTLY ASKED QUESTIONS

### HOW DOES INVISALIGN WORK?

Invisalign aligners straighten your teeth by applying pressure on specific teeth at different times. Individually manufactured for your teeth alone, each aligner is worn for a period of up to two weeks. As you replace each set of aligners with the next set, your teeth will move – little by little, month by month – until they have straightened to the final position prescribed by your orthodontist.

### WHAT ARE INVISALIGN ALIGNERS MADE OF AND WHAT DO THEY LOOK LIKE?

The virtually invisible aligners are made of strong, medical-grade thermoplastic material, uniquely developed for the Invisalign treatment plan. The aligners are custom-made for you and fit snugly over your teeth.

### HOW LONG WILL TREATMENT TAKE?

The average length of treatment is 12 to 15 months, with the exact time depending on the severity of your orthodontic problem. This will be decided by your orthodontist and explained to you during your initial consultation. With an AcceleDent mouthpiece, your aligners can be changed as often as every nine days, rather than every fortnight, cutting your treatment time by up to a third.

### HOW WILL INVISALIGN FIT IN TO MY LIFE?

The Invisalign treatment will easily fit in to your daily routine without any fuss or embarrassment. There are no metal wires or brackets, making the aligners comfortable to wear and easy to remove for eating, drinking, brushing and flossing. Once your treatment has started, visits to your orthodontist are quick and can be arranged to suit you – with appointments at lunchtime, before and after hours and even on Saturdays.

### HOW OFTEN MUST I WEAR MY ALIGNERS?

To achieve the desired result, it is recommended that you wear your Invisalign aligners for 22 hours each day (allowing 2 hours with the aligners out to eat, drink, floss and brush your teeth.) If aligners are removed for a special occasion, it is advised that you make up for lost time by wearing them for an extra day or so.

### HOW OFTEN MUST I SEE MY ORTHODONTIST DURING INVISALIGN TREATMENT?

Once your treatment has begun and your custom-made aligners have been arrived, you will need to visit your orthodontist every six to eight weeks for a progress review and to collect your next set of aligners.

### WHAT ARE “ATTACHMENTS” AND WHY MIGHT I NEED THEM FOR MY INVISALIGN TREATMENT?

Made from tooth-coloured filling material, attachments may be placed on the face of some of your teeth. These will act as anchors for the aligners to grip onto. Attachments don't harm your teeth and will be carefully removed when no longer needed.

### WILL INVISALIGN TREATMENT BE PAINFUL?

Invisalign moves your teeth without the pain that metal braces can cause. When the aligners first begin to do their work, a small amount of tightness or pressure is felt. However, this is minimal and will dissipate within a day or two. The sensation is normal and is a sure sign that the aligners are starting to move your teeth towards your dream smile.

### WILL MY SPEECH BE AFFECTED?

The vast majority of Invisalign patients report no effect on their speech. However, as with other types of orthodontic treatment, your speech may be affected temporarily. You might develop a slight lisp at first as your tongue and lips adjust to the aligners. This will correct itself after two to three days.

### ARE THERE RESTRICTIONS ON WHAT I CAN EAT WHILE IN TREATMENT?

Since you can remove the aligners during meals, you are free to eat any foods you wish.

### ARE THERE AGE CONSTRAINTS ON PATIENTS SUITED TO INVISALIGN TREATMENT?

Invisalign is not an appropriate treatment for children as their teeth are still developing. For growing teens, the greater the number of adult teeth that have erupted, the more straightforward the treatment. Otherwise, age is no barrier to Invisalign treatment.

### SINCE HAVING PREVIOUS ORTHODONTIC TREATMENT, MY TEETH HAVE SHIFTED. CAN I HAVE INVISALIGN?

Absolutely! In most cases, Invisalign is highly suited to the re-treatment of teeth that may have shifted after previous orthodontic work. Consult with one of our specialist orthodontists to learn how quickly you can have your smile corrected.

### WHO IS SUITED TO THE TREATMENT?

Invisalign is suitable for most teenagers and adults who would benefit from realignment of their teeth to improve their bite and smile.

“The satisfaction I get from seeing a patient complete their Invisalign treatment involves a number of aspects.”

## WHAT SATISFACTION do I get seeing a patient complete their Invisalign treatment?

The satisfaction I get from seeing a patient complete their Invisalign treatment involves a number of aspects.

**Firstly, I know I have helped improve that person's quality of life.** Their confidence in how they present themselves increases as their treatment brings them closer and closer to the smile they want to achieve.

A smile can say a lot about a person. Before treatment with Invisalign, some patients are afraid to smile. I see so many patients seem happier at the end of their treatment because they have gained confidence. They may wear clothes they didn't wear before, or wear outfits cut in a certain way, because they are no longer afraid to attract attention.

**Secondly, I know I have helped improve the health and function of the patient's teeth.** Some patients go their whole lives without being able to chew their food properly because of the way their teeth meet or don't meet. The most severe cases need jaw surgery in conjunction with Invisalign treatment.

**Thirdly, I know each patient who sits in one of our orthodontic chairs to start treatment is in the best possible hands.** As we are the largest Invisalign provider in Australia and the only one with Blue Diamond Provider status awarded by the manufacturers of Invisalign, I have confidence the patient will walk out in six to 24 months with all of their teeth-straightening concerns and wishes addressed.

**Finally,** because we have dental specialists in all fields under one roof alongside general dentists, **I am satisfied the patient will have been offered, and where appropriate seamlessly provided with, any other specialist treatment they may need,** as well as with any general dentistry treatment they may require.

The team at Smile Solutions is so strong there is hardly any orthodontic outcome we cannot achieve for our patients – and if there are any obstacles to treatment, our orthodontists will fully inform the patient and give a detailed explanation as to why.



*Smile*  
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MELBOURNE'S HOME OF DENTISTRY®

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