

invisible

braces



focus on
 invisalign®

Where to get your invisalign[®] treatment...

If you're thinking of starting Invisalign treatment, make sure you don't compromise on the service provided. All of our clinics offer the highest level of facilities and expertise available.

See our experience ratings provided by Invisalign:



INVISALIGN PREFERRED PROVIDER



DIAMOND INVISALIGN PROVIDER



INVISALIGN PLATINUM ELITE PROVIDER



TEEN PROVIDERS



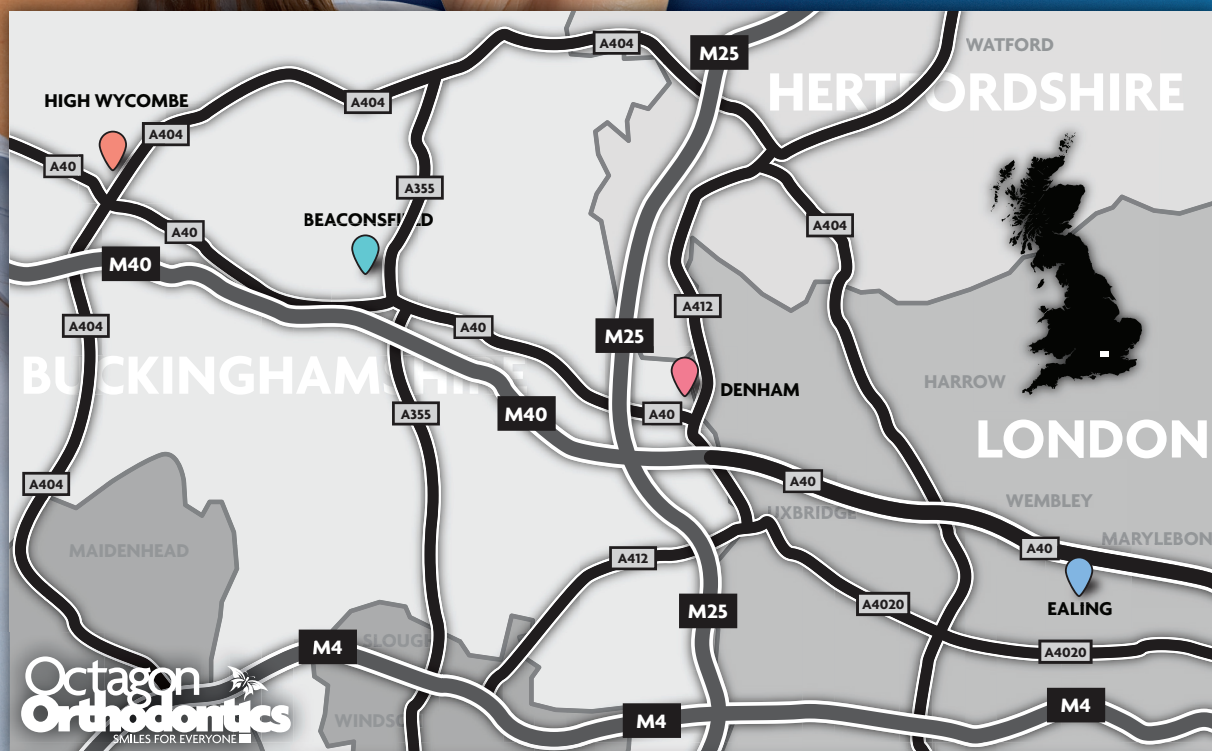
TREATED OVER 500 INVISALIGN PATIENTS



ITERO INTRAORAL SCANNING FACILITIES



INVISALIGN SPEAKER LECTURERS



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Orthodontics**
SMILES FOR EVERYONE

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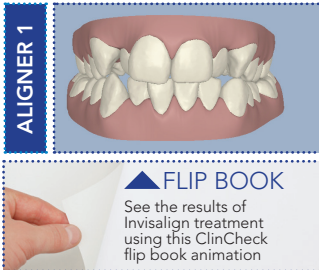
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DOCTOR PROFILE

Dr Peter Ilori

BDS LDS[Eng.] FDS[Eng.] FFD[Ire.] M.Sc[Manc.]
M.Orth[Edin.] M.Orth[Eng.] MBA [Brunel]

SPECIALIST IN ORTHODONTICS



INVISALIGN PREFERRED PROVIDER



DIAMOND INVISALIGN DOCTOR



TEEN PROVIDER



TREATED OVER
500 INVISALIGN PATIENTS



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Beaconsfield, Buckinghamshire
HP9 1UR

DENHAM

The Ashcroft Clinic
2 Ashcroft Drive
Denham,
Middlesex
UB9 5JF



How would you go about choosing an orthodontist? It is best to select someone with years of experience and a strong track record. With more than 20 years of experience, Dr Peter Ilori fulfils these criteria; he is a perfectionist and enjoys helping his patients achieve outstanding transformations of their smiles. He says "you will be perceived as confident and likeable if you are proud of your improved smile".

Being up to date and at the cutting edge of his profession allows Dr Ilori's patients to benefit from proven techniques and current trends.

Speaking about his role as an Invisalign Clinical

Speaker; "I enjoy teaching because it exposes me to the new technologies and current thinking within the dental and orthodontic fields. My objective is to integrate traditional methods of treatment with new techniques, which ultimately translate into greater efficiency and more predictable results" says Dr Ilori.

Patients appreciate detailed, specific customised attention, therefore his orthodontic treatment methods, materials and techniques are designed to make each patients' experience as individualised and as personal as possible.

"People approach orthodontics with different perceptions of beauty, so knowing your orthodontist's philosophies is very

important because this forms part of the basis for agreement on how to best achieve your treatment goals. An emphasis on patient education is at the centre of Dr Ilori's collaborative approach to achieving beautiful smiles. All procedures are discussed and relevant aspects of the treatment are reviewed for easier understanding.

Compassion, empathy, understanding, attentive listening and effective communication engender trust and success in the clinical environment. Dr Ilori and his staff are at your service to make your patient journey pleasant and fulfilling.

QUALIFICATIONS

- Invisalign Preferred Provider
- Invisalign Diamond Provider
- Invisalign Teen Provider
- Treated over 500 patients with Invisalign
- Offers iTero intraoral scanning facilities
- Invisalign Speaker Lecturer

BASIC DENTAL DEGREES:

- LDS - Licentiate in Dental Surgery - Royal College of Surgeons of England
- BDS - Bachelor of Dental Surgery University of Benin Nigeria
- American National Board Dental Examination

POSTGRADUATE RESIDENCIES:

- University Hospital of Wales, Cardiff Dental School
- University of Bristol Dental Hospital, Bristol
- University of Manchester Dental School

- Booth Hall Children's Hospital, Manchester
- The Royal Oldham Hospital, Manchester

ADDITIONAL AND SPECIALIST QUALIFICATIONS:

- M.Sc. - Masters of Science [Orthodontics] University of Manchester
- M.Orth - Membership in Orthodontics Royal College of Surgeons of England
- M.Orth - Membership in Orthodontics Royal College of Surgeons of Edinburgh
- FDS - Fellowship in Dental Surgery [Oral & Maxillofacial Surgery] Royal College of Surgeons of England
- FFD - Fellow of the Faculty of Dentistry [Oral Medicine]
- Royal College of Surgeons of Ireland
- MBA - Masters in Business Administration with Distinction Brunel University, Uxbridge

PROFESSIONAL MEMBERSHIPS AND AFFILIATIONS:

- Registered Specialist Orthodontist with the General Dental Council
- Full registration with the General Dental Council
- Medical Protection Society
- World Federation of Orthodontists
- American Association of Orthodontists
- British Orthodontic Society

EXPERTISE AND TECHNIQUES:

- Invisalign Full, Invisalign Teen, Invisalign Lite and Invisalign I7
- Orthodontic care for children of all ages
- Adult treatment
- Aesthetic and invisible braces
- Lingual orthodontics
- Orthognathic and surgical orthodontics

"You'll find that life is still worthwhile, if you just smile." - Charles Chaplin

DOCTOR PROFILE

Dr Raman Aulakh

BDS [Birmingham], MSc. Orth [Aarhus]

SPECIALIST IN ORTHODONTICS



INVISALIGN PREFERRED PROVIDER



INVISALIGN PLATINUM ELITE PROVIDER



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INVISALIGN SPEAKER LECTURER

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HIGH WYCOMBE

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at The Beauty Society
31-33 Amersham Hill
High Wycombe, Buckinghamshire
HP13 6NU



According to Dr Aulakh “crooked, broken and worn-out teeth may be a symptom of a misaligned jaw. Some people never notice that their bites are off and focus on only the look of their teeth”. It is my job to educate patients and create the optimal treatment plan that addresses all orthodontic problems. His patients appreciate his comprehensive treatment

planning and comment on the improvement in functionality as well as aesthetic benefits of treatment.

Dr Aulakh is dedicated to creating healthy, beautiful smiles in a warm, comforting environment. Having undergone orthodontic treatment himself, Dr Aulakh understands the patient journey associated with visiting the orthodontist. “We want to make sure that

our patients are given our full attention during their visits with us,” says Dr Aulakh.

Interacting with patients is the key to understanding what is important to them, Dr Aulakh explains, “I take a personal interest in educating my patients about their teeth, learning their visions of a perfect smile. Then together we work to deliver those ideals.”

QUALIFICATIONS

- Invisalign Preferred Provider
- Invisalign Platinum Elite Provider
- Invisalign Teen Provider
- Offers iTero intraoral scanning facilities
- Invisalign Speaker Lecturer

BASIC DENTAL DEGREES:

- BDS - Bachelor of Dental Surgery - University of Birmingham

POSTGRADUATE RESIDENCIES:

- University Dental Hospital, Aarhus, Denmark

ADDITIONAL AND SPECIALIST QUALIFICATIONS:

- M.Sc. Orth Masters of Science [Orthodontics] University of Aarhus, Denmark

PROFESSIONAL MEMBERSHIPS AND AFFILIATIONS:

- Registered Specialist Orthodontist with the General Dental Council
- Full registration with the General Dental Council
- Medical Protection Society
- Post-Graduate Teacher and Clinical Instructor, King's College University

- Visiting Lecturer, University of Aarhus
- European Society of Orthodontics

EXPERTISE AND TECHNIQUES:

- Invisalign Full, Invisalign Teen, Invisalign Lite and Invisalign I-7
- Orthodontic care for children of all ages
- Adult & collaborative orthodontic-restorative cases
- Aesthetic and invisible braces
- Lingual orthodontics - Incognito
- Orthognathic and surgical orthodontics

DOCTOR PROFILE

Dr Zeyneb Al-Shebib

LIC. ODONTO. (SPAIN)

ORTHODONTIST



INVISALIGN PROVIDER



TEEN PROVIDER



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High Wycombe, Buckinghamshire
HP13 6NU



Dr Al-Shebib believes that a beautifully charming smile will lighten up any room. She provides excellence in orthodontics to every patient in a fantastic and professional way.

She can only be characterised as a doctor who values patient safety, comfort and well-being. Dr Al-Shebib also believes in treating patients as she, herself, would like to be treated. All of her patients testify that this results in a

respectful and satisfying orthodontic experience.

Dr Al-Shebib actively takes part in continuing professional development to deliver only the best quality orthodontics. "Furthermore, interdisciplinary treatment plans with my other colleagues are essential to ensure that my patients benefit from all the latest and modern techniques."

Giving the necessary time to know each patient individually, Dr Al-Shebib ensures that orthodontics will always be a good

memory for her patients.

"After an informal and joyful chat with my patient, I tailor each treatment plan to meet and transcend their expectations. She enjoys motivating her patients and having an active role in every stage of their treatment.

"I view orthodontic treatment as an opportunity to educate people and discover what is possible in their lives. It is fascinating to see how cosmetic improvements can affect health, energy, self-esteem and appearance."

QUALIFICATIONS

- Invisalign Provider
- Invisalign Teen Provider
- Offers iTero intraoral scanning facilities

BASIC DENTAL DEGREES:

- LIC. ODONTO. Licentiate in Dental Surgery (Spain)

POSTGRADUATE RESIDENCIES:

- Warwick University
Department of Orthodontics

PROFESSIONAL MEMBERSHIPS AND AFFILIATIONS:

- Full registration with the General Dental Council
- Medical Protection Society
- British Dental Association
- Spanish Orthodontic Society

EXPERTISE AND TECHNIQUES:

- Invisalign Full, Invisalign Teen, Invisalign Lite and Invisalign i7
- Orthodontic care for children of all ages
- Adult treatment
- Aesthetic and invisible braces

"Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." - Thich Nhat Hanh

PRACTICE LOCATIONS

OCTAGON ORTHODONTICS AT THE BEAUTY SOCIETY

Services

- Invisalign Full, Teen, Lite and i7
- iTero intraoral scanning
- Orthodontic treatment
- Treatment for Adults & Children

HIGH WYCOMBE

HP13

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Call: 01494 513797



OCTAGON ORTHODONTICS AT DENTAL ART

Services

- Invisalign Full, Teen, Lite and i7
- iTero intraoral scanning
- Orthodontic treatment
- Treatment for Adults & Children

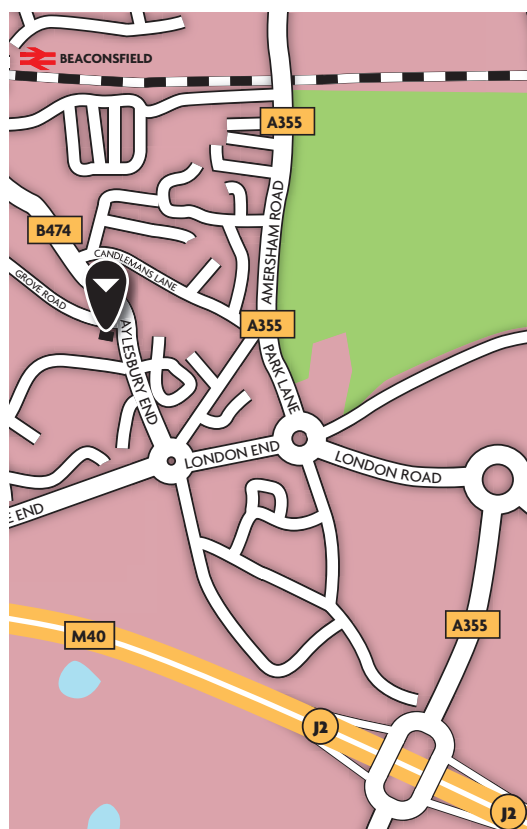
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Call: 01494 681367





OCTAGON ORTHODONTICS AT THE AVENUE

Services

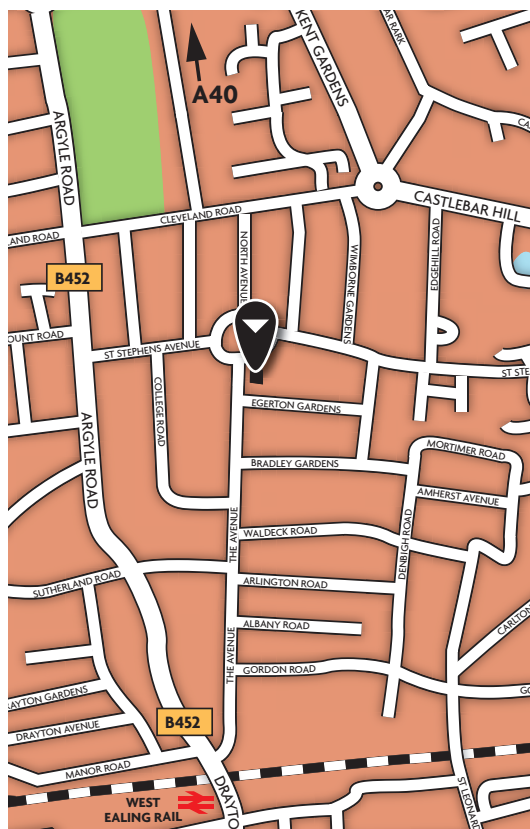
- Invisalign Full, Teen, Lite and i7
- iTero intraoral scanning
- Orthodontic treatment
- Treatment for Adults & Children

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- iTero intraoral scanning
- Orthodontic treatment
- Treatment for Adults & Children

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Call: 01895 831049



"If you have only one smile in you, give it to the people you love." - Maya Angelou



COME HELL OR HIGH WATER!

Two themes emerge from accounts of Invisalign treatment, as told to reporter Caroline Holland

Determination and disbelief are common features in any account of orthodontic treatment with Invisalign. This is a near invisible system for moving teeth which is enabling growing numbers of adults to improve their smiles. Central to Invisalign is computer software which uses x-ray images of the patient's teeth to design a series of transparent trays. Each tray is worn for several weeks and helps gradually move the teeth to the desired position.

Invisalign treatment provokes some predictable responses. Firstly, determination! This is an essential response because patients need to commit to the treatment. Without the patient making their mind up to engage and move through the process, the treatment might be delayed. So, Invisalign patients share a gritty determination.

In its wake follows disbelief. This is on the part of family and friends. It goes something like this: "No, not really! You are having orthodontics? When did you start? But I couldn't tell!" The surprise and interest encountered by Invisalign patients is almost as rewarding as the sight of their teeth gradually realigning.

Two orthodontic patients described how they summoned the determination they needed to finish on the agreed date.

Heather Sharland had a job which involved doing presentations in front of large audiences and she is also a magistrate. She was very clear she did not want braces. "A friend in Switzerland said she had had Invisalign. When she described what it involved, it sounded excellent. I thought, let's have a go."

She was in her late 50s when she embarked on treatment. She takes up the story: "My teeth had always irritated me. The top front teeth were crossed over and my bottom teeth looked as if they had just been thrown into my mouth randomly. I had been to an orthodontist as a child and they had taken teeth out and I was told they would sort themselves out, but they didn't."

"My family were not supportive. They said: 'those teeth are never going to be straight, I don't know what you are doing.' I suppose I did have some doubts



“Come hell or high water, I am going to improve my teeth”

myself and wondered where are all those teeth were going to go and how they were going to fit together.”

But her orthodontist gave her confidence. “Once I had made the decision I was determined. I told myself: ‘Come hell or high water, I am going to improve my teeth.’ I think you have to be determined, you cannot be watery about it. Because I was very determined, I stuck rigidly to wearing the Invisalign trays 22 hours a day.”

She added: “I have a perfect set of straight teeth. I am absolutely delighted, I really can’t believe it. People are really quite interested that I have had orthodontics, and say they had not noticed. My mother, who is 85, is really surprised.”

“If I can see joy in your eyes then share with me your smile.” - Santosh Kalwar

Penny Bell is aged 64 and was also unhappy about crooked bottom teeth. She is a very smiley person who works with people in an image-conscious environment. "I talked to my dentist and he sent me to see an orthodontist. He gave me choices. There was no way I would walk around with metal braces and coloured bands. He told me about Invisalign and that seemed brilliant. I had upper and lower treatment so that my bite was aligned."

She continued: "I had to be pretty determined. If you slip up for a day then you lose a day. You cannot cheat or you lose the whole point. The thing is that all the

trays are laid out for you so it is progressive. It's a discipline and you fall into it. There were a couple of days when I was driving to work and remembered I had left the trays and then I spent the whole day feeling miserable."

Mostly, however, Penny enjoyed the experience and the sense that she was embarking on change so discreetly. "I only told one close friend at work about the treatment and then one day I had disappeared into the corner of the room

to slip out my trays so I thought I should explain to the colleague who happened to be in the room what I was doing. She was flabbergasted. She had had no idea."

She added: "Another good thing is that you only need to go back to the orthodontist every 10 weeks or so. Really, you are in control and the orthodontist just checks to make sure everything is going as it should. I am very happy with what I have had done. My orthodontist is wonderful, calm and matter of fact. Invisalign worked for me and I would recommend it to anyone."

"Invisalign worked for me and I would recommend it to anyone"

ALIGNER 7



WORRIES

NO

0% FINANCE AND LOW COST LOANS ARE AVAILABLE

An **affordable** way to pay for the treatment **you** want



Spread the cost of treatment over a period that suits you



A much more affordable alternative to credit cards or bank loans



Easy to apply and simple to repay by direct debit

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PROBLEMS THAT CAN BE TREATED WITH INVISALIGN

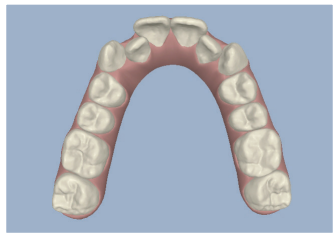
Not only can Invisalign provide you with a confident smile and increased self-esteem, your oral health can be positively enhanced as well.

An experienced Invisalign-trained dental practitioner can work with you to correct several common issues:

HOW TO DETECT BITE PROBLEMS:

- Abnormal wear or breakdown of tooth surfaces
- Difficulty cleaning certain areas between the teeth
- Non specific tooth ache or pains
- Loosening teeth & gaps between the teeth
- Localised tooth decay or gum disease
- You feel uncomfortable when your teeth meet
- Receding gums
- Jaw aches & pains

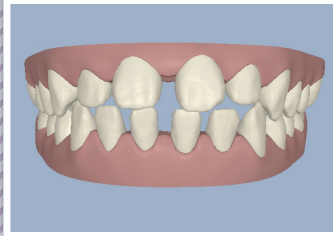
CROWDED TEETH (UPPER)



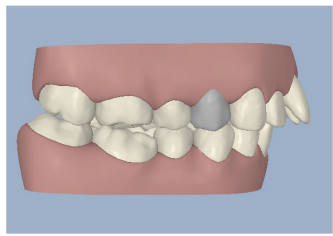
CROWDED TEETH (LOWER)



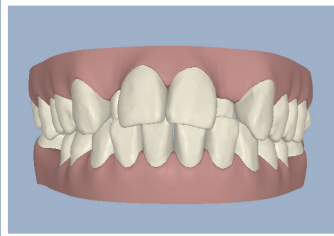
SPACING



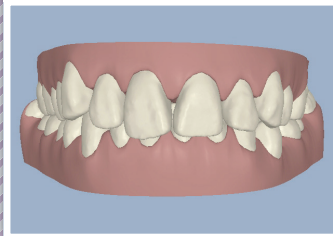
UPPER TEETH STICKING FORWARD

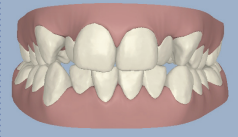


CROSSBITE

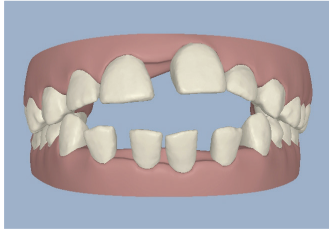


DEEPBITE

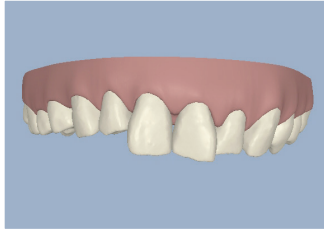




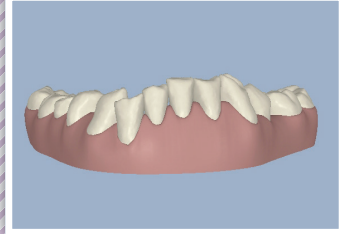
OPEN BITE



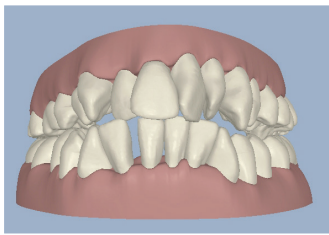
TOOTH WEAR (UPPER)



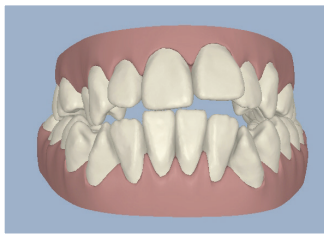
TOOTH WEAR (LOWER)



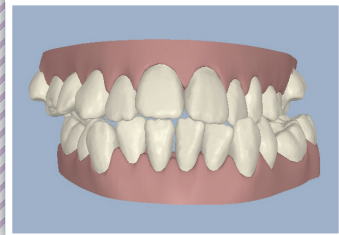
PERIODONTAL PROBLEMS (GUM DISEASE)



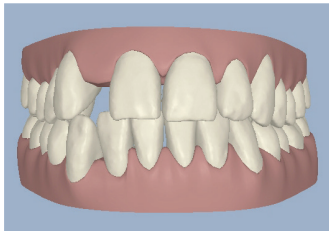
CENTRE LINE DISCREPANCIES



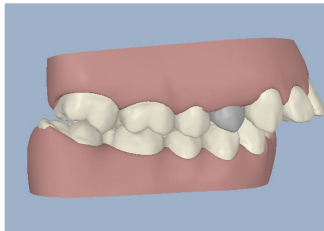
INCORRECT BITE



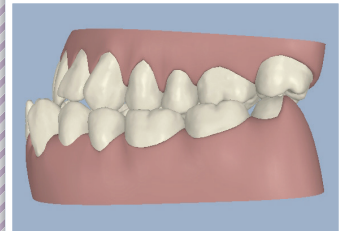
MISSING TEETH



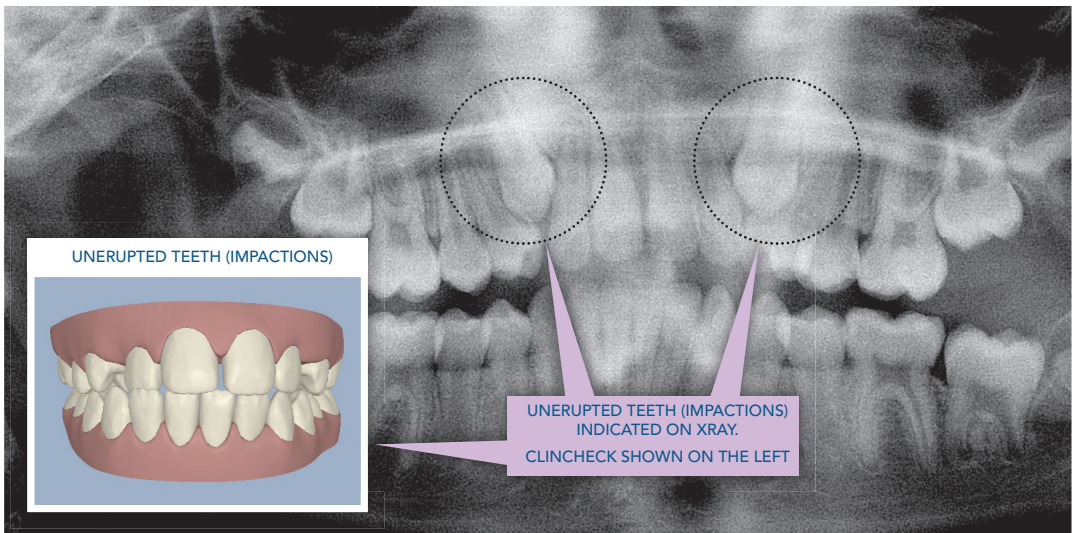
UPPER JAW STICKING FORWARD



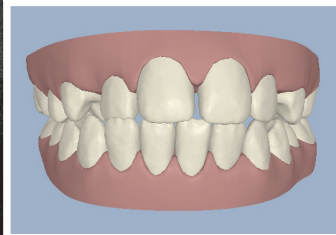
LOWER JAW STICKING FORWARD



UNERUPTED TEETH (IMPACTIONS)



UNERUPTED TEETH (IMPACTIONS)



UNERUPTED TEETH (IMPACTIONS)
INDICATED ON XRAY.
CLINICHECK SHOWN ON THE LEFT

"It only takes a split second to smile and forget, yet to someone that needed it, it can last a lifetime." - Steve Maraboli

REASONS WHY YOU SHOULD STRAIGHTEN YOUR TEETH

Proper alignment of your teeth and jaws are key factors in your long-term dental health. Malocclusion is the technical term used by orthodontists for crooked, crowded or protruding teeth which do not fit together properly. Literally, the word means "bad bite." Most malocclusions are inherited although some are acquired i.e. they can be caused by factors such as thumb-sucking, tongue thrusting, dental disease, premature loss of baby or permanent teeth, accidents or some medical problems. Malocclusion or 'incorrect bite' may involve crowding of teeth, improper spacing or upper and lower teeth that do not fit together correctly.

Although typical orthodontic patients look forward to having a beautiful smile at the end of treatment, braces also have a significant positive impact on long-term health. As one orthodontist explains "Growing up with improperly aligned teeth and jaws can cause a variety of problems later in life".

As we mature, untreated bite problems can continue to worsen. Crowded teeth

can be very difficult to keep clean, and may result in tooth decay, gum disease and be a disadvantage socially. Also, over a period of time, an incorrect bite may lead to abnormal wear or breakdown of tooth surfaces and cause damage of the bone and soft tissues that support the teeth.

Because a high standard of dental hygiene is compulsory for orthodontic patients, orthodontists provide extensive education of patients in relation to proper brushing and flossing techniques, with follow-up and reinforcement at each orthodontic appointment. Good eating habits are also encouraged and in combination with good orthodontic treatment and excellent dental hygiene, a positive difference in future health can be achieved. Orthodontic treatment can benefit adults as well as children because healthy teeth, bones and gums respond well to orthodontic treatment at almost any age. It really is never too late to have a beautiful smile or correct bite.

It is easy to take eating for granted if you have always had a normal bite, for some, however, this can be an

ordeal or embarrassment. One patient's troubles with chewing were especially unpleasant and best characterised by his statement "I couldn't even bite into a sandwich." Nowadays, thanks to the art and science of orthodontics, countless individuals can look forward to greater convenience and function.

Starting treatment in your older years might cause slight initial embarrassment, but you should never condemn yourself to a lifetime of dissatisfaction, like many adults who missed or were never presented with opportunities to have straighter teeth.

Patients who have covered their teeth during social interaction for many years feel liberated after a short course of orthodontic treatment. By removing physical and psychological obstacles such as crowding or spacing your self-esteem can be boosted.

You don't need to feel that you are wasting the specialist's time by seeking consultation or treatment because you are taking a positive step toward self improvement.



"Winkles will only go where the smiles have been." - Jimmy Buffett



WHAT ARE MY OPTIONS?

ALIGNER 10



THE HYBRID APPROACH It is possible to combine the above methods, that is, fit a conventional fixed brace for the back and lower teeth and Invisalign for the upper front teeth.

21

“A smile is the light in your window that tells others that there is a caring, sharing person inside” - Denis Waitley

straight which might result in a less natural appearance.

In many cases veneers require the use of a dental drill to remove the surface of the teeth for a proper fit. Where the crowding of your teeth exceeds a few millimetres, excessive

So what is responsible for this increase? Certainly, pictures of good-looking celebrities wearing braces have helped remove the stigma attached to orthodontics, but technological advances have boosted the figures,

reduction – removing about 0.15mm of the enamel. A ‘narrow’ smile – one that shows gaps in the side of the mouth when you grin – can be widened by increasing the size of the roof of the mouth (the arch) by applying the force to push teeth outwards. Commonly known as smile widening, this is now standard practice in America for children with narrow jaws.

In more severe cases, orthodontics can be combined with surgery to realign a protruding upper or lower jaw or correct ‘gummy smiles’. Often, however, problems can be treated with clear plastic removable braces called Invisalign, a thin mould that sits over the teeth like a mouth guard. It is aesthetically more pleasing and it can also be removed when the wearer wants to eat or clean their teeth.

Many Invisalign wearers are actors, TV presenters and models, who do not want anybody to know that they are having orthodontic work. Mild to moderate cases of misalignment can usually be fixed in 6 to 12 months, but more severe cases can require up to two years of treatment, with regular check-ups on a four- to six-week basis.

An unexpected side effect for many patients undergoing orthodontic treatment is weight loss! Many people lose weight because braces force you to eat more slowly. We wouldn’t want you to have braces for this reason alone!

“Braces are more comfortable to wear, more discreet and more effective than ever”

amounts of enamel might need to be removed – this is considered inappropriate by most conservative dentists. Orthodontics or braces, on the other hand, work by applying continuous forces to the teeth to change their position incrementally.

There is another good reason why many of us are now favouring orthodontics over veneers. “However good the effect, veneers are not natural,” says Dr Peter Ilori, of Octagon Orthodontics in High Wycombe. “British people don’t want a synthetic smile. With orthodontics, you get straight teeth that are aesthetically pleasing but they look natural and are 100% your own.” This quest for a natural look partly explains why more than 75% of orthodontists have reported an increase in adult patients over the past few years.

too. “Braces are more comfortable to wear, more discreet and more effective than ever. With time, we can straighten any teeth,” says Dr Ilori. “Orthodontics applies a three-dimensional force, so we can push teeth forwards and backwards, but we can also push them up and down. If there is general overcrowding and crooked teeth some teeth will be pushed back, some re-angled, and some pushed forwards or up and down until they are straight”, adds Dr Ilori. By pushing teeth back into the bone, orthodontics can reduce the effect of receding gums, too. Putting a downward force on short upper teeth can make them look longer by pulling them out of the bone.

‘Tombstone’ teeth which are large and protruding can be pushed back and reduced in size by ‘interproximal



THE CLEAR MARKET LEADER

When it comes to comparing Invisalign to other teeth straightening options, it is easy to see the clear advantages:

COMPARISON:



FIXED BRACES

How does it work?	Invisalign uses a series of clear removable aligners to straighten your teeth without wires or brackets.	Fixed braces use wires and brackets to move your teeth into straighter alignment.
Nearly invisible.	✓	No. Most fixed braces are noticeable.
Removable during treatment.	✓	No. You cannot remove fixed braces until treatment is completed.
Treatment doesn't involve metal that can irritate teeth and gums.	✓	No. The metal wires and brackets used can cause mouth irritation.
Allows you to brush and floss normally during treatment.	✓	No. Fixed metal braces hinder the ability to reach the entire tooth/gum area when flossing.
Provides a clear defined and virtual treatment plan from the start to the completion of treatment.	✓	Although your dental practitioner has a clear defined treatment plan, you will not be able to see what your teeth may look like during and after treatment.

"Remember even though the outside world might be raining, if you keep on smiling the sun will soon show its face and smile back at you." - Anna Lee



ALIGNER 12



YOU CAN ALWAYS SMILE IN STYLE

Ever wanted that Hollywood smile, but don't want to show the world you're wearing braces?

* invisalign® * invisalign^{teen} * invisalign^{lite} * invisalignⁱ⁷

Invisalign is a removable brace system that uses a series of custom-moulded aligners to move your teeth. The great thing about Invisalign is that the aligners are transparent and invisible (no metal bands or wires like fixed braces), therefore nobody is going to realise that you're undergoing treatment – unless you tell them!

**Octagon
Orthodontics**
SMILES FOR EVERYONE

Visit our website for more information: **www.braces.co.uk**

High Wycombe
01494 513797

Beaconsfield
01494 681367

Denham
01895 831 049

London, Ealing
0208 566 9567



WHAT IS INVISALIGN?

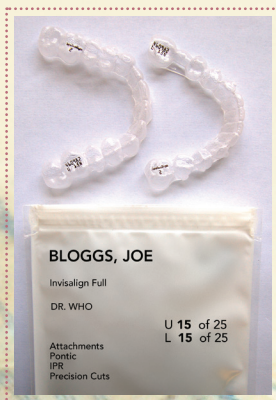
Invisalign treatment uses a series of custom-made, nearly invisible, removable aligners to move your teeth in a gradual step by step process. Aligners are changed every two weeks, until your teeth have been straightened to the final position prescribed by your doctor.

A virtual 3D treatment plan (ClinCheck treatment plan) is produced by Invisalign based on your doctors specific instructions. You will be able to view your virtual treatment plan prior to wearing your aligners. This allows you, through 3D animations to see the individual teeth movements at each stage throughout the course of your treatment. It also enables you to see what your final result is expected to look like at the end of treatment.

Once both you and your doctor are happy with the results of the ClinCheck treatment plan, your custom-made, clear aligners are produced especially for you. All aligners are individually manufactured to fit your teeth and will not work on anyone else!

Invisalign is the comfortable, sensible way to straighten your teeth. Even though there are a variety of choices available for transforming your smile, no other treatment will work as comfortably or without interfering with your normal day to day life.





The Invisalign system is delivered to the patient as a 'Series' of numbered and labelled aligners. Each packet is labelled with the patients name, doctors name, treatment type and the number of the aligner within the series. For example:

U 15 of 25
L 15 of 25

This packet contains the 15th upper and lower aligners of 25 aligners.

ALIGNER 13



U 24 of 24
L 24 of 24

U 25 of 25
L 25 of 25

The aligners must be worn for a minimum of 22 hours each day and changed to the next sequential aligner within the series every 2 weeks throughout the treatment.

*This process can only be varied by your qualified, supervising doctor

"If you're not using your smile, you're like a man with a million dollars in the bank and no chequebook." - Les Giblin

INVISALIGN FULL TREATMENT



“*Invisalign aligners
are transparent
and invisible*”





ALIGNER 14



Invisalign is a removable brace system that uses a series of custom-moulded aligners to move your teeth. The great thing about Invisalign is that the aligners are transparent and invisible (no metal bands or wires), therefore nobody is going to realise that you are undergoing treatment – unless you tell them!

Invisalign can be used to treat the vast majority of common problems for adults and children. Using advanced 3-D computer imaging technology to project tooth movement, Invisalign allows you to visualise your treatment from start to finish through animated visuals, which can be viewed online.

Whether your smile needs minor improvements or more extensive adjustments, Invisalign can certainly help. It is successful in treating crowded or widely spaced teeth. It can also relieve more complex issues, including overbites, overjets, under bites and even cross bites. In fact, your orthodontist can use Invisalign clear aligners in all or part of many treatment plans.

Every two weeks you will have to replace the old aligner for a new one which will continue to guide your teeth in the necessary direction. Each new aligner may give an initial feeling of minor discomfort for a couple of days - this sensation is typically described as a feeling of pressure and is a sign that Invisalign is working.

The aligners gradually reposition your teeth over the period of treatment – the length of which is determined by the complexity of the case and what you and your orthodontist have agreed to achieve. You will need to go in periodically for a few orthodontic appointments in order to check your treatment progress and make sure your teeth are responding to the aligners.

Invisalign aligners must be worn all day, except when brushing, flossing or eating. Fortunately, because you can remove your aligners to eat and drink you can eat all your favourite foods. After each meal, however, you must make sure that you brush your teeth prior to re-inserting your aligners to maintain good hygiene.

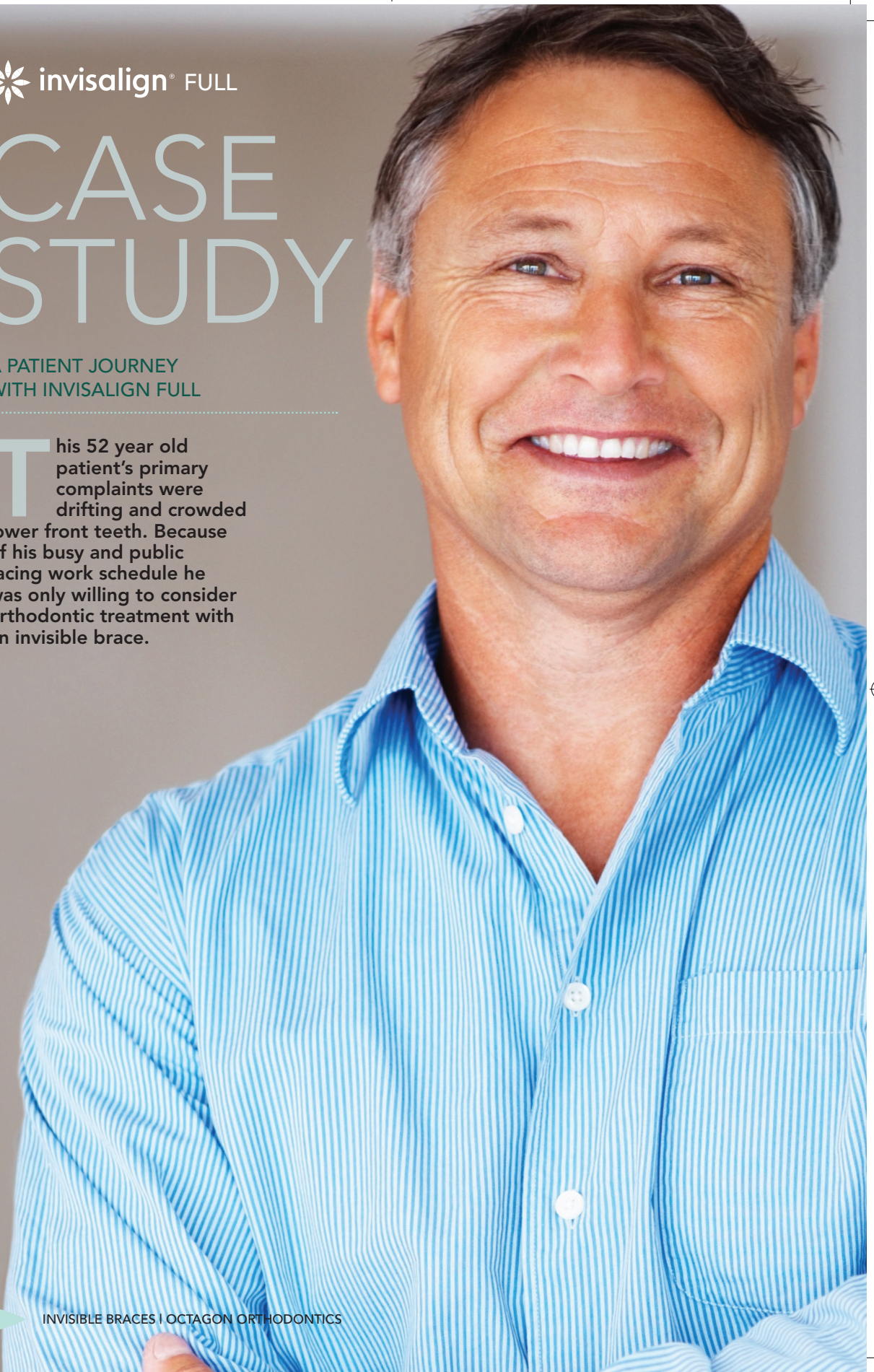
Irrespective of the simplicity of your case, your treatment is best handled by an orthodontic specialist, who is trained to diagnose and solve any problems which may arise during your treatment.

"I've had to learn to fight all my life – got to learn to keep smiling. If you smile things work out." - Serena Williams

 CASE
STUDY

A PATIENT JOURNEY
WITH INVISALIGN FULL

This 52 year old patient's primary complaints were drifting and crowded lower front teeth. Because of his busy and public facing work schedule he was only willing to consider orthodontic treatment with an invisible brace.

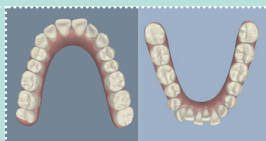


TREATMENT SUMMARY USING INVISALIGN FULL BY DR PETER ILORI

ALIGNER 15



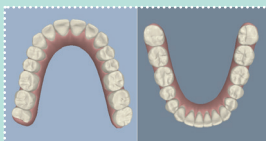
Pre-Treatment ClinCheck Front



Pre-Treatment ClinCheck Upper & Lower



Post-Treatment ClinCheck Front



Post-Treatment ClinCheck Upper & Lower



Pre-Treatment Closed Bite



Pre-Treatment Open Bite



Post-Treatment Closed Bite



Post-Treatment Open Bite



Pre-Treatment Right



Pre-Treatment Left



Post-Treatment Right



Post-Treatment Left



Pre-Treatment Occlusal Upper



Pre-Treatment Occlusal Lower



Post-Treatment Occlusal Upper



Post-Treatment Occlusal Lower

PROBLEMS:

- Severely crowded lower teeth
- Incorrect bite
- Drifting lower teeth (Periodontal problems)
- Gum recession

RESULTS ACHIEVED:

- Alignment of upper and lower teeth
- Improvement of bite
- Stabilisation of drifting teeth

TOTAL TREATMENT TIME:

- 23 months

NUMBER OF ALIGNERS:

- Upper: 23 initial aligners + 19 refinement aligners = 42 total
- Lower: 23 initial aligners + 19 refinement aligners = 42 total

COMMENTS:

- Age at start: 52 years 4 months
- Age at end: 54 years 4 months
- Patient was treated using Invisalign Full
- Refinement aligners were used

RETENTION:

- Upper: Bonded (fixed) retainer and removable transparent retainer
- Lower: Bonded (fixed) retainer and removable transparent retainer

"A smile is a curve that sets everything straight." - Phyllis Diller

CASE STUDY

A PATIENT JOURNEY
WITH INVISALIGN FULL

A 39 year old female patient presented complaining of large gaps between her teeth and separation between her upper and lower teeth.

She had been treated 10 years previously with fixed braces and a maxillary frenectomy but the teeth had relapsed. Various comments had been made about her large tongue and she had declined surgical correction. She was unwilling to consider another course of fixed appliances.

ANTERIOR OPEN BITE TREATMENT SUMMARY USING INVISALIGN FULL

BY DR PETER ILORI

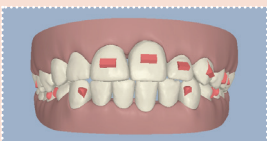
ALIGNER 16



Pre-Treatment ClinCheck Front



Pre-Treatment ClinCheck Upper & Lower



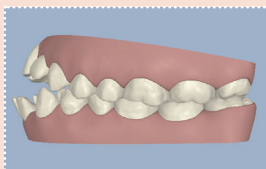
Post-Treatment ClinCheck Front



Post-Treatment ClinCheck Upper & Lower



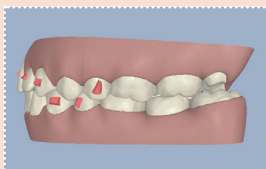
Pre-Treatment Front



Pre-Treatment ClinCheck Side View



Post-Treatment Front



Post-Treatment ClinCheck Side View



Pre-Treatment Right



Pre-Treatment Left



Post-Treatment Right



Post-Treatment Left



Pre-Treatment Occlusal Upper



Pre-Treatment Occlusal Lower



Post-Treatment Occlusal Upper



Post-Treatment Occlusal Lower

PROBLEMS:

- 10mm anterior open bite
- Negative overjet [-3mm]
- Class III molars with bimaxillary incisal proclination
- Tongue thrusting habit
- Generalised spacing with 3.5mm maxillary midline diastema
- Upper centreline shift to the right
- Old discoloured crowns and gingival recession
- Uneven asymmetrical smile

TREATMENT PLAN:

- Patient was treated using the Invisalign full product to reduce the anterior open bite, close all the spaces, correct the centrelines and improve the occlusion
- Gingival re-contouring surgery to balance the smile and restore symmetry

ADDITIONAL DENTAL TREATMENT

- Replacement of crowns upper central incisors (UR1 and UL1) - by patient's dentist
- Veneers to elongate the upper lateral incisors (UR2 and UL2) - by patient's dentist

RESOLVED BY:

- Extrusion [relative] of the incisors
- Controlling the posterior segments – no deliberate intrusion
- Space closure
- Retroclination

RESULTS ACHIEVED:

- Reduction of the anterior open bite
- Correction of the class III malocclusion and overjet
- Correction of the centrelines
- Successful management of the case without worsening the gingival recession

TOTAL TREATMENT TIME:

- 24 months

NUMBER OF ALIGNERS:

- Upper: 28 initial aligners +18 refinement aligners = 46 aligners in total
- Lower: 28 initial aligners +18 refinement aligners = 46 aligners in total

COMMENTS:

- Multi-tooth extrusion attachments
- Optimized root control attachments
- One refinement was executed with new photos and new impressions

RETENTION:

- Upper: Permanent bonded retainer and Hawley retainer with acrylic fitted bow
- Lower: Permanent bonded retainer and Hawley retainer with acrylic fitted bow

"You're never fully dressed without a smile." - Little Orphan Annie

INVISALIGN FOR TEENAGERS



“*Invisalign Teen
is specifically designed
for teenagers*”





TEENAGERS TOO CAN BENEFIT FROM INVISALIGN TREATMENT

Invisalign offers an aesthetic, more flexible way to give teenagers the confidence of a great smile, unlike traditional braces. Teenagers can continue to enjoy life without the restrictions that traditional fixed braces have. Invisalign aligners are removable, comfortable, and nearly invisible, which means that there is no irritation or self-consciousness that is usually associated with metal brackets and wires.

One of the great advantages of Invisalign aligners is that they are removable, which means that teenagers can continue brushing and flossing their teeth normally and ultimately, this can lead to better overall dental health in the future.

OPTIONS AVAILABLE FOR TEENAGERS

Depending on the stage of teeth development, Invisalign has a number of treatment options that are available for teenagers.

Some teenagers will be able to have the same Invisalign treatment as adult patients.

Younger teenagers or those patients who have not got all of their adult teeth erupted yet, can be treated with Invisalign Teen. Invisalign Teen is specifically designed for teenagers. Your doctor will determine which Invisalign treatment best suits your individual needs.

WHY CHOOSE INVISALIGN TEEN?

Leading orthodontists have worked closely with teenagers and parents in order to develop Invisalign Teen. Understanding teenage active lifestyles and unique treatment needs of teenagers has been paramount.

The same Invisalign technology is used to make Invisalign Teen aligners as is used for Invisalign aligners for adults, by moving teeth gradually without any fixed metal or wires.

ALIGNER 17



A FEW SPECIAL FEATURES HAVE BEEN ADDED TO ACCOMMODATE THE TEEN LIFESTYLE:



Blue wear-indicators



Teenagers who have not got all of their adult teeth erupted yet

- Blue wear-indicators at the rear of the aligners that fade from blue to clear will help the doctor and parents identify if the patient has been wearing their aligners for the sufficient length of time.
- In order to compensate for the eruption of canines, second premolars and second molars, special features have been created.
- If any aligners are lost or misplaced, Invisalign Teen can provide up to six free replacements.

Talk to your doctor to find out more about Invisalign for teenagers. Your doctor will be able to suggest the best treatment option for you and discuss the process in getting started with you.

"The greatest self is a peaceful smile, that always sees the world smiling back." - Bryant H. McGill

 CASE STUDY

A PATIENT JOURNEY
WITH INVISALIGN TEEN

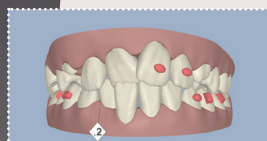
Justine Mallard was just like any other 12 year old, she went to school, socialised with her friends at weekends, and she also needed braces.

The thought of going to school wearing a fixed brace, commonly known amongst teenagers as 'train tracks', just didn't appeal to Justine at all. After all, her close friend already had fixed braces and Justine was well aware of her experiences and problems.

When presented with the alternative option of straightening her teeth with Invisalign Teen by Dr Peter Ilori, it didn't take much to convince her of the benefits. "My treatment was so easy and didn't interfere when I was at school or out with my friends." Justine went on to add "I could even take the brace out when I was eating, or when playing hockey and needed to wear my mouth guard. It was all very easy and I just love my new smile!"

TREATMENT SUMMARY USING INVISALIGN TEEN BY DR PETER ILORI

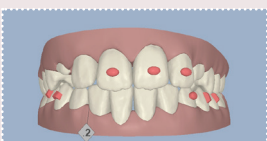
ALIGNER 18



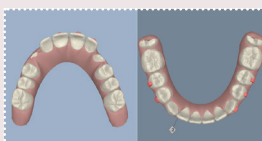
Pre-Treatment ClinCheck Front



Pre-Treatment ClinCheck Upper & Lower



Post-Treatment ClinCheck Front



Post-Treatment ClinCheck Upper & Lower



Pre-Treatment Closed Bite



Pre-Treatment Open Bite



Post-Treatment Closed Bite



Post-Treatment Open Bite



Pre-Treatment Right



Pre-Treatment Left



Post-Treatment Right



Post-Treatment Left



Pre-Treatment Occlusal Upper



Pre-Treatment Occlusal Lower



Post-Treatment Occlusal Upper



Post-Treatment Occlusal Lower

PROBLEMS:

- Upper permanent canines partially erupted, impacted and rotated
- Severe crowding of the upper and lower arches
- Upper and lower centre lines displaced to the right
- Gingival recession and dehiscence involving upper left central incisor and lower right central incisor

RESULTS ACHIEVED:

- Resolution of severe crowding
- Correction of anterior crossbite
- Dis-impaction and de-rotation of upper permanent canines
- Functional overjet and overbite achieved
- Canine guidance achieved
- Upper and lower centre lines corrected
- Successful management of case without worsening of gingival defects

TOTAL TREATMENT TIME:

- 21 months

NUMBER OF ALIGNERS:

- Upper: $29+15=44$
- Lower: $18+10=28$

COMMENTS:

- Age at start: 12 years, 7 months
- Age at end: 14 years, 4 months
- Patient was treated using Invisalign Teen because they did not want fixed appliances
- Refinement was made with new photos and new impressions

RETENTION:

- Upper: Removable transparent retainer
- Lower: Removable transparent retainer

"Beauty is power; a smile is its sword." - John Ray

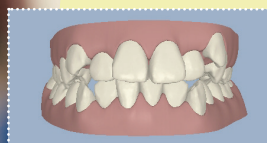
CASE STUDY

A PATIENT JOURNEY
WITH INVISALIGN TEEN

A 13 year old young man presented with crowded teeth and an incorrect bite. The main complaint centred around the upper canine teeth which were ectopic (looked like fangs). His shyness and musical ambitions precluded the use of fixed appliances, so Invisalign Teen was the obvious choice.

TREATMENT SUMMARY USING INVISALIGN TEEN BY DR PETER ILORI

ALIGNER 19



Pre-Treatment ClinCheck Front



Pre-Treatment ClinCheck Upper & Lower



Post-Treatment ClinCheck Front



Post-Treatment ClinCheck Upper & Lower



Pre-Treatment Closed Bite



Pre-Treatment Open Bite



Post-Treatment Closed Bite



Post-Treatment Open Bite



Pre-Treatment Right



Pre-Treatment Left



Post-Treatment Right



Post-Treatment Left



Pre-Treatment Occlusal Upper



Pre-Treatment Occlusal Lower



Post-Treatment Occlusal Upper



Post-Treatment Occlusal Lower

PROBLEMS:

- Severely crowded upper and lower teeth
- Crossbite
- Centre line discrepancy
- Incorrect bite
- Open bite tendency

RESULTS ACHIEVED:

- Alignment of upper and lower teeth
- Correction of crossbite
- Correction of centre lines
- Resolution of open bite

TOTAL TREATMENT TIME:

- 26 months

NUMBER OF ALIGNERS:

- Upper: 21 initial aligners + 27 Mid-course correction aligners = 48 total
- Lower: 21 initial aligners + 27 Mid-course correction aligners = 48 total

COMMENTS:

- Age at start: 13 years 8 months
- Age at end: 15 years 10 months
- Patient was treated using Invisalign Teen
- Mid-course correction (MCC) aligners were used

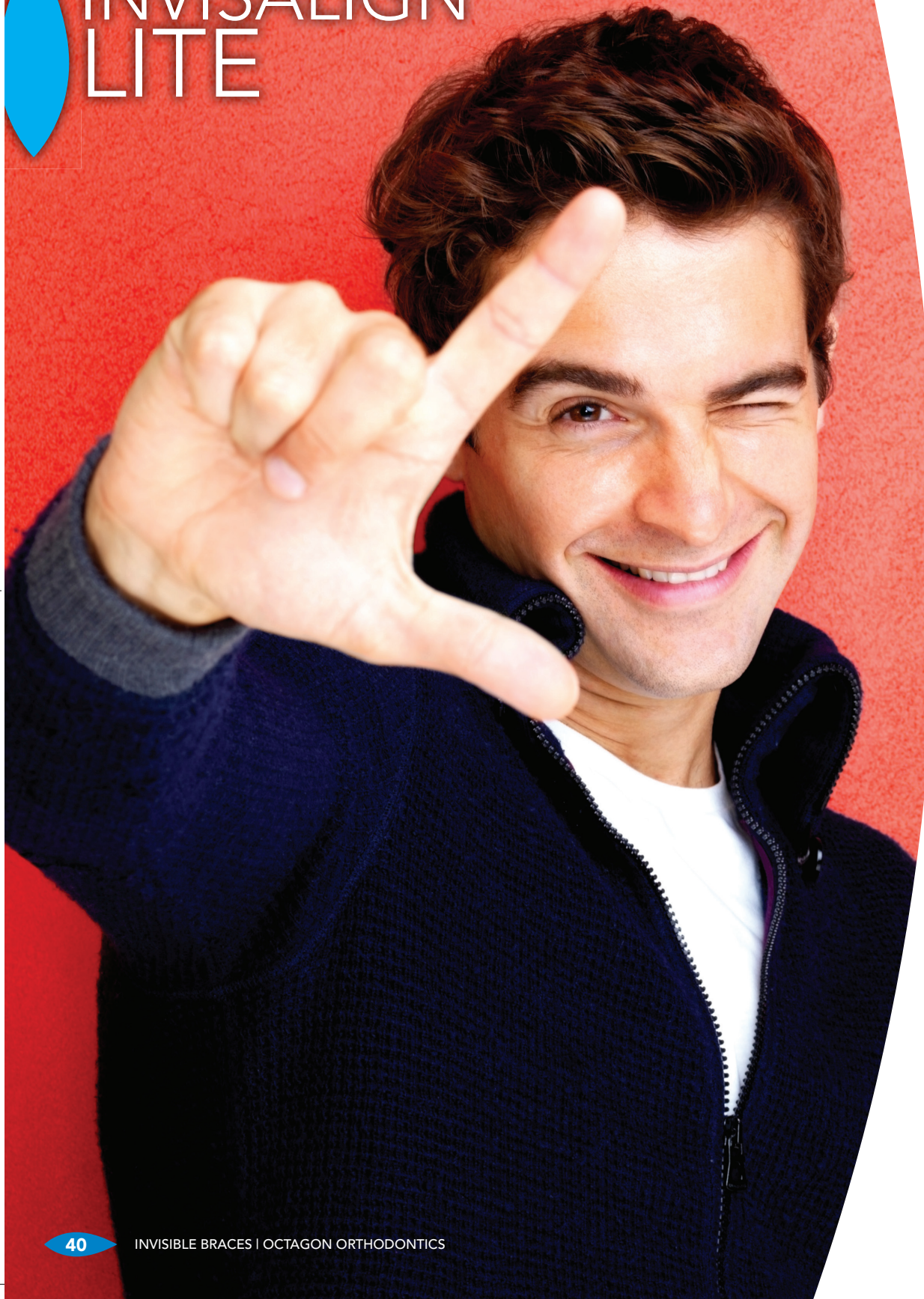
RETENTION:

- Upper: Bonded (fixed) retainer and removable transparent retainer
- Lower: Bonded (fixed) retainer and removable transparent retainer

"Smile, for everyone lacks self-confidence and more than any other one thing a smile reassures them." - Andre Maurois



INVISALIGN LITE





Invisalign Lite braces work in much the same way as traditional Invisalign braces, however the treatment is designed for less complex cases and treatment time is usually much shorter.

Patients are usually given a maximum of 14 aligners, with treatment often being completed within six months.

Question: Have you used braces previously and your teeth have come out of alignment slightly?

Question: Do you have minor crowding or small spaces between your teeth?

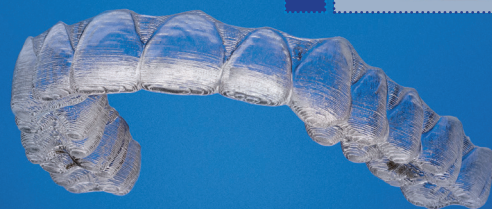
Question: Have you noticed that your teeth have been drifting gradually out of position?

Solution: You could probably benefit from Invisalign Lite!

Invisalign Lite is a lower-cost and typically faster treatment than the full Invisalign. It is intended for mild or less severe malocclusions (misalignment of teeth), usually using no more than 14 initial aligners. As well as being used for simple orthodontic cases, it can also be used as a precursor to cosmetic dentistry treatments such as veneers, bridges or crowns.

Invisalign Lite is simple and can be used to solve orthodontic treatment on one or both arches. The beauty of Invisalign Lite is that it gives patients quick, affordable, high quality treatment, but to qualify for Invisalign Lite you must meet certain pre-determined clinical criteria.

ALIGNER 20



“Invisalign Lite is designed for less complex cases”

Faster treatment

Lower-cost

Same aligners

Same technology

Invisalign Lite braces are not suitable for everyone. They are generally recommended for patients who have minor orthodontic problems, including:

- ✓ Slight overcrowding
- ✓ Tiny gaps between the teeth
- ✓ Badly positioned teeth
- ✓ Poor alignment between the upper and lower teeth

“A gentle word, a kind look, a good natured smile can work wonders and accomplish miracles.” - William Hazlitt

CASE STUDY

TREATMENT SUMMARY USING INVISALIGN LITE BY DR PETER ILORI



PROBLEMS:

- Moderate crowding in upper and lower teeth
- Incorrect bite

RESULTS ACHIEVED:

- Alignment of upper and lower teeth
- Improvement of bite

TOTAL TREATMENT TIME:

- 10 months

NUMBER OF ALIGNERS:

- Upper: 14 initial aligners + 6 refinement aligners = 20
- Lower: 14 initial aligners + 6 refinement aligners = 20

COMMENTS:

- Age at start: 23 years
- Age at end: 23 years 10 months
- Patient was treated using Invisalign Lite
- Refinement aligners were used

RETENTION:

- Upper: Vivera removable transparent retainer
- Lower: Vivera removable transparent retainer



Pre-Treatment ClinCheck Upper & Lower

Post-Treatment ClinCheck Upper & Lower



Pre-Treatment Occlusal Upper



Post-Treatment Occlusal Upper



Pre-Treatment Occlusal Lower



Post-Treatment Occlusal Lower

CASE STUDY

TREATMENT SUMMARY
USING INVISALIGN LITE
BY DR PETER ILORI

ALIGNER 21



Pre-Treatment ClinCheck Upper & Lower

Post-Treatment ClinCheck Upper & Lower



Pre-Treatment Occlusal Upper



Post-Treatment Occlusal Upper



Pre-Treatment Occlusal Lower



Post-Treatment Occlusal Lower

PROBLEMS:

- Moderate crowding in upper and lower teeth
- Incorrect bite

RESULTS ACHIEVED:

- Alignment of upper and lower teeth
- Improvement of bite

TOTAL TREATMENT TIME:

- 8 months

NUMBER OF ALIGNERS:

- Upper: 10 initial aligners
- Lower: 11 initial aligners

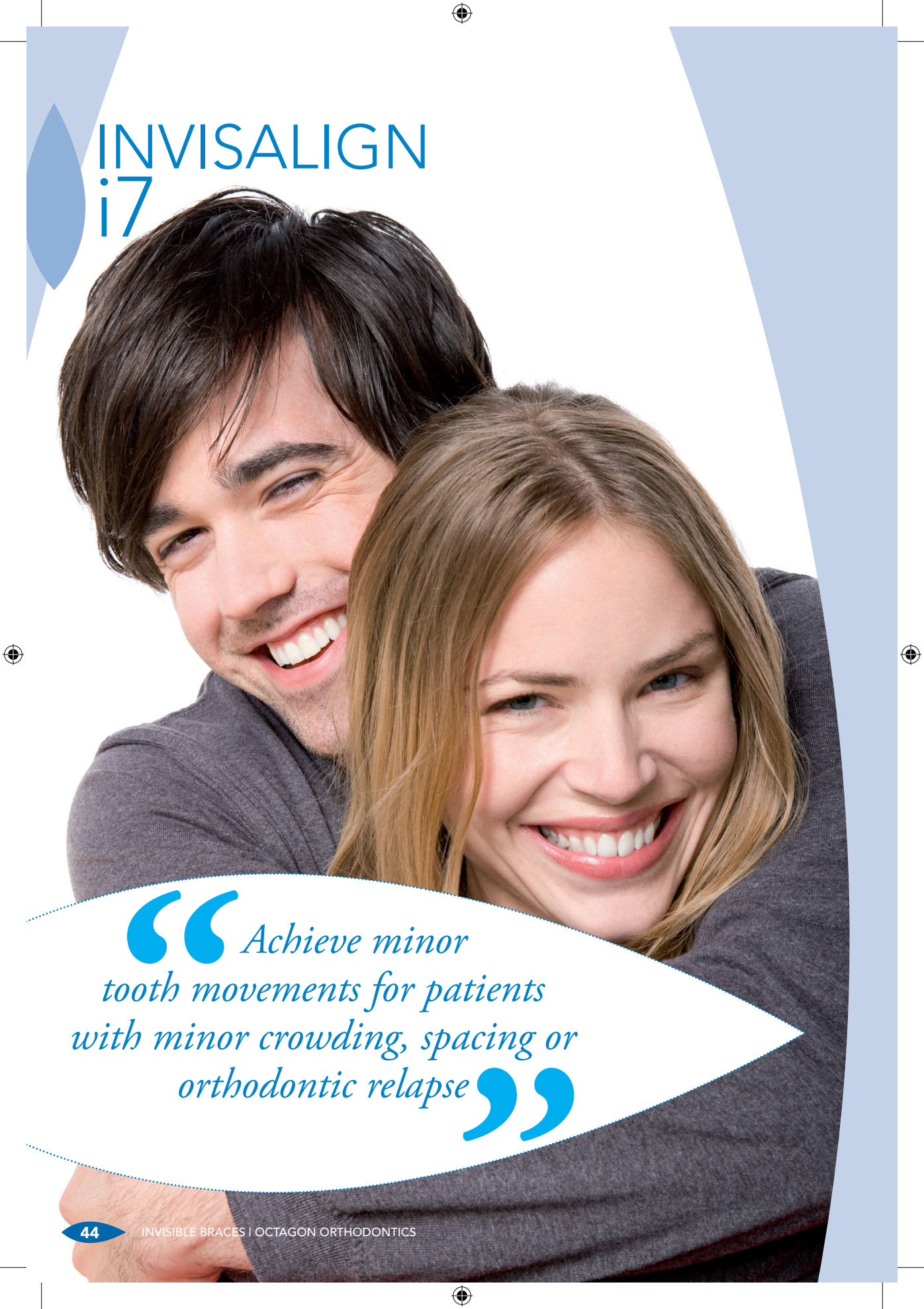
COMMENTS:

- Age at start: 56 years 2 months
- Age at end: 56 years 10 months
- Patient was treated using Invisalign Lite

RETENTION:

- Upper: Vivera removable transparent retainer
- Lower: Vivera removable transparent retainer

"Before you put on a frown, make absolutely sure there are no smiles available." - Jim Beggs



INVISALIGN i7

“Achieve minor
tooth movements for patients
with minor crowding, spacing or
orthodontic relapse”



Invisalign i7 includes the ClinCheck treatment plan and SmartForce features as the rest of the Invisalign range, but is specifically designed to achieve minor tooth movements.

It is the aesthetic and convenient treatment for patients with minor crowding, spacing or orthodontic relapse.

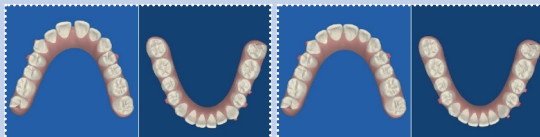
- ✓ Invisalign i7 provides up to seven stages of aligners per arch.
- ✓ Keeps it simple for patients by treating only from first premolar to first premolar without the desire for major correction.
- ✓ Invisalign i7 uses the same clear aligners as all Invisalign treatment options, making it virtually invisible.
- ✓ Includes a ClinCheck treatment plan and SmartForce features, such as Optimised Attachments and Power Ridge features, designed for more predictable results.

- ✓ Results in as few as three months.
- ✓ Option for the clinician to submit a partial treatment to improve your smile, even if you cannot achieve ideal alignment with seven aligners.
- ✓ Option to switch to Invisalign Lite, Full or Teen prior to ClinCheck acceptance.
- ✓ An automated refinement of aligners can be purchased, if required, to achieve the final position defined in the original approved ClinCheck treatment plan.*

*Automated Refinement gives you the option to order additional aligners to move teeth closer to the originally approved final position. Aligners for Automated Refinements are automatically produced and shipped without the need for the approval of a ClinCheck treatment plan.

TREATMENT SUMMARY USING INVISALIGN I7

BY DR PETER ILORI



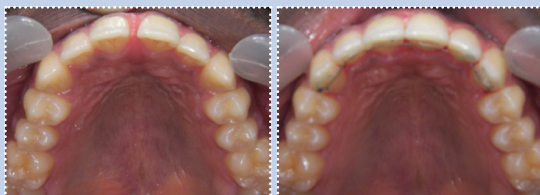
Pre-Treatment ClinCheck Upper & Lower

Post-Treatment ClinCheck Upper & Lower



Pre-Treatment Occlusal Upper

Post-Treatment Occlusal Upper



Pre-Treatment Occlusal Lower

Post-Treatment Occlusal Lower

PROBLEMS:

- Space in between upper teeth
- Mild crowding lower teeth

RESULTS ACHIEVED:

- Closure of spaces
- Alignment of upper and lower teeth

TOTAL TREATMENT TIME:

- 6 1/2 months

NUMBER OF ALIGNERS:

- Upper: 7 initial aligners + 7 refinement aligners = 14
- Lower: 7 initial aligners + 7 refinement aligners = 14

COMMENTS:

- Age at start: 16 years
- Age at end: 16 years 7 months
- Patient was treated using Invisalign I-7
- Refinement aligners were used

RETENTION:

- Upper: Vivera removable transparent retainer
- Lower: Vivera removable transparent retainer

HEALTH BENEFITS

HEALTHY SMILING

We all know that a straight, even smile with glossy pearly whites look fantastic. But a cosmetically perfect smile often means it's also a healthy smile too. Take a look at the additional healthy benefits of a properly aligned smile.

HEALTHIER GUMS

Teeth that are crowded or are too widely spaced apart, can start showing signs of swollen gums or redness, which can lead to periodontal disease. Clinical studies have shown that when teeth are properly aligned, it helps the gums fit tighter around the teeth¹, which can lead to better gum health. Therefore Invisalign's great advantage of straightening teeth can also help to improve overall gum health after treatment². Another added benefit with Invisalign, is that you can more easily prevent tooth decay and related gum disease because you can brush and floss your teeth normally, unlike traditional braces.

BETTER ORAL HEALTH

Invisalign does not use any metal bands, brackets or wires that may trap food and plaque, unlike traditional fixed braces. And since Invisalign aligners are removable, you can maintain good oral hygiene and you may also reduce the chances of plaque build-up, tooth decay and gum disease.

IMPROVED CHEWING AND SPEECH

Invisalign treatment can improve speech difficulties and uncomfortable chewing issues that can be caused by incorrectly positioned teeth and jaws.

MAINTAIN COMFORT AND TOOTH STRUCTURE

Abnormal stress can be a direct result from misaligned teeth and jaws. This can cause painful trauma to supporting bone and jaw joints as well as abnormal wear on your teeth, which can trigger prolonged problems in the future. Invisalign treatment can improve the alignment of your teeth and improve your bite.

¹ Ong et al., 1998 Boyd and Baumrind, 1992, Zachrisson and Zachrisson, 1972.

² Presented at the AADR in San Antonio, Effect of Invisalign Aligners on Periodontal Tissues, Taylor, MG; McGorray, SP; Durrett, S; Downey, N; Lenk, M; Oxford, E; Dolce, C; Wheeler, TT



“Since Invisalign aligners are removable, you can maintain good oral hygiene”

ALIGNER 23



“It takes a lot of energy to be negative. You have to work at it. But smiling is painless. I’d rather spend my energy on smiling.” - Eric Davis



No Metal

No Wires

No Teasing

No Shame

Not Fixed

Free to Smile...

Invisalign Teen use the same transparent custom-moulded aligners as Invisalign full to move teeth, but it has been specifically designed for teenagers. With special features, including blue wear-indicators to help your practitioner, you, and your teenager to gauge wear time, compensation for the eruption of canines, second premolars and second molars and six free individual replacement aligners are included in case any get lost or misplaced.



Designed
for teenagers



Blue
wear-indicators



Eruption
compensators

Visit our website for more information: www.braces.co.uk



ALIGNER 24



Octagon
Orthodontics
SMILES FOR EVERYONE

or call:

High Wycombe
01494 513797

Beaconsfield
01494 681367

Denham
01895 831 049

London, Ealing
0208 566 9567

THE PROCESS

THE INVISALIGN TREATMENT JOURNEY FROM BEGINNING TO END

Once your doctor determines that Invisalign is right for your orthodontic needs, a set of impressions will be taken and a detailed treatment plan will be developed for you. Once the treatment plan and ClinCheck have been approved by you and your doctor, the bespoke, virtually invisible aligners can be ordered for you to start wearing.

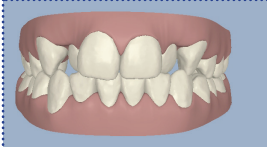
HERE IS THE SIMPLE STEP BY STEP PROCESS THAT YOU AND YOUR DOCTOR WILL GO THROUGH IN ORDER TO ACHIEVE YOUR BRAND NEW SMILE

STEP 1

INITIAL CONSULTATION

- Your doctor will discuss your concerns with you, examine your teeth and take clinical records such as photographs and any necessary x-rays or investigations.
- The orthodontic problems that you present with will need to be balanced against the dental and orthodontic solutions available to you.
- Your doctor will discuss with you which treatment options are best for you.
- If Invisalign is a suitable option, a treatment plan will be designed for you with the agreed specific goals in mind.





STEP 2



MONEY TALK

- You will be given a quote for your treatment as well as detailed information on the different payment options available to you. One of our treatment co-ordinators will be able to assist you to decide on the most suitable payment method.

STEP 3



INTRA-ORAL SCANNING

IMPRESSIONS OR SCANNING OF YOUR TEETH

- Impressions of your teeth will be taken and sent directly to the Invisalign laboratories for processing. An alternative to impressions could be an intra-oral scan of the teeth (serial computerised images of your teeth).

INTRA-ORAL SCANNER



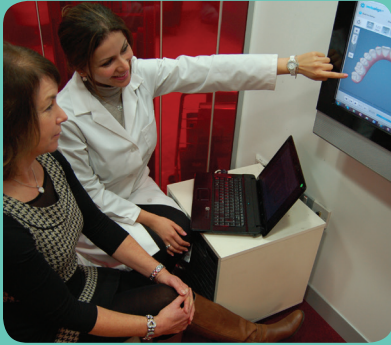
IMPRESSIONS



IMPRESSIONS

"Wear a smile and have friends; wear a scowl and have wrinkles." - George Eliot

STEP 4



TREATMENT PLANNING

- Invisalign will use your impressions or intra-oral scan to create a digital version of your teeth; so that your doctor can work with a 3D computerised animation (The ClinCheck).
- Your doctor will then plan your tooth movements throughout your whole treatment using the digital animation.
- The 3D animations will allow you to see a virtual representation of your teeth before you start treatment, how they are going to move during your treatment and what your smile should look like when your treatment is complete.

STEP 5



WEARING YOUR ALIGNERS

- Once you and your doctor have agreed to the treatment plan, bespoke aligners are then custom-made for you.
- You have to wear each aligner for approximately two weeks at a time (subject to the instructions given by your orthodontist), before you change to the next aligner in the series.
- The total number of aligners for each individual will vary.
- Aligners should be worn all of the time - day and night, except when eating, brushing or flossing teeth.
- The optimum wear time is usually 22 hours per day.
- In order to complete your treatment in the timeline determined by your Invisalign ClinCheck and your doctor, you must follow your wear time instructions by your orthodontist.
- Invisalign treatment can involve any number of aligners for both the upper and lower teeth and your orthodontist will determine how long your treatment will be.



STEP 6



ATTACHMENT FITTING AND INTERPROXIMAL REDUCTION (IPR)

- If your Invisalign treatment involves attachments or Interproximal reduction your orthodontist might choose to do it at the beginning or at specific times during your treatment.
- Not all treatments necessarily require attachments to be placed and your orthodontist will confirm if this is the case at either your first fitting appointment or upon approval of your Invisalign ClinCheck animations.
- Prescribed Interproximal reduction is usually carried out at specific points before you can wear certain aligners. Your orthodontist will know exactly when, how much is required and will inform you of the timetable for doing this.

ALIGNER 26



STEP 7



REVIEW APPOINTMENTS

- You will have regular appointments which could vary between 4-12 week intervals. During these appointments, your doctor will monitor your progress, give you advice, carry out any interventions or issue you with your next progressive series of aligners.
- Interproximal reduction may need to be carried out at certain review appointments before you move onto specific aligners.
- You will notice gradual movements throughout each stage of your treatment, until eventually your teeth are repositioned for an even and healthy smile.

"Smile, It's free therapy." - Douglas Horton

STEP 8A

MID COURSE CORRECTION ALIGNERS (MCC)

- If clinically necessary, impressions or a scan and photographs will be taken for a series of mid-course correction aligners to be made for you.
- Mid-course corrections are sometimes required if initial aligners are not fitting correctly or the treatment goals have changed.
- By having Mid-course correction aligners your treatment length will be extended.
- Mid-course correction is only appropriate to certain Invisalign treatments and can only be ordered by your doctor.

OR

STEP 8B

REFINEMENT ALIGNERS

- If clinically necessary, impressions or a scan and photographs will be taken for a series of refinement aligners to be made for you.

Refinement aligners are sometimes required if any final adjustments need to be made to the teeth (for example: minor tooth movements or closing of any gaps).

By having refinement aligners your treatment length will be extended.

The type of Invisalign treatment you are having will determine how many sessions of refinements you can have.



STEP 9

RETENTION

- Once you have completed all of your treatment, you will need to protect your new smile with retainers.
- Your orthodontist will prescribe the most suitable retention device for you based on your clinical needs.
- Retainers will keep your teeth in their new position so you can enjoy a long lasting smile.





WHAT DOES INVISALIGN COST?

THE SECRET'S IN YOUR SMILE

Improving your smile is an important investment. No matter what you have believed in the past, a confident, radiant smile is within your reach. Invest in yourself and unlock your smile's greatest potential.

HOW MUCH DOES INVISALIGN COST?

Although we understand that price is an important consideration, there is no definitive answer until you have visited an Invisalign-trained doctor for an initial consultation.

The cost for Invisalign is dependent on the specifics of your individual needs, as with all other types of orthodontic treatment. Factors such as complexity and length of treatment are taken into consideration but generally the cost is comparable to traditional fixed braces.

Only the treating Invisalign doctor is able to fully determine your cost. To obtain an estimate for the total cost of your treatment, arrange an initial consultation with us today!

Visit our website for more information: www.braces.co.uk

High Wycombe
01494 513797

Beaconsfield
01494 681367

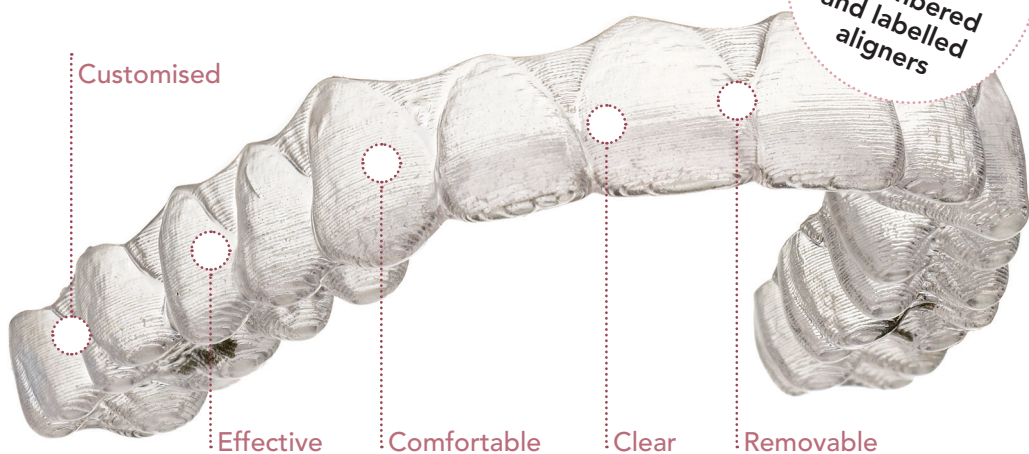
Denham
01895 831 049

London, Ealing
0208 566 9567

COMPONENTS OF INVISALIGN TREATMENT

There are many different elements to an individual Invisalign treatment. Here are some detailed descriptions of the various components:

THE INVISALIGN ALIGNER



Customised:

Align technology produces personal custom made aligners especially for you from the impressions taken of your teeth by the orthodontist.

Effective:

Start enjoying the benefits of straight teeth before you have finished treatment because alignment of the teeth starts from the beginning.

Comfortable:

No metal wires or brackets to irritate your gums or the inside of your mouth.

Clear:

Virtually invisible so people don't notice that you are having treatment.

Removable:

Easy to remove aligners to eat, drink, brush and floss and for special occasions.

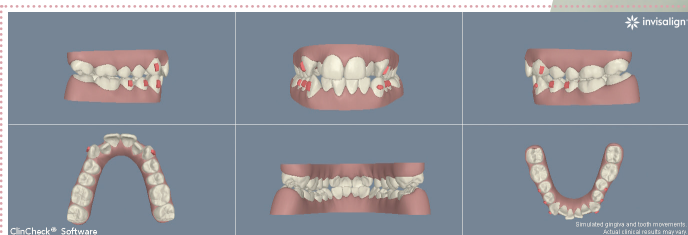
Invisalign aligners are made of strong proprietary medical grade thermoplastic material. It is ideal for creating a flexible and high quality finish from moulding processes.

Invisalign is fully approved by the FDA as a Class II medical device. Under FDA classification, this type of aligner is classified as a "medical device" because it is an apparatus used to treat a condition.

Your Invisalign aligners will be uniquely developed for your Invisalign orthodontic treatment plan. The aligners will be specially created for you and should fit comfortably over your teeth.

THE INVISALIGN CLINCHECK

Pre-treatment ClinCheck images



The ClinCheck is a series of 3D demonstrations, consisting of a combination of images, animations and mini movies which show how your teeth will move during the Invisalign treatment process. We will be able to show you a selection of before and after images and some mini movies detailing the tooth movements throughout your treatment. They will allow you to visualise the predicted tooth movements and the proposed final results.

It is important to note that these are demonstration tools only and cannot be used to absolutely predict the way your teeth will move. Orthodontic tooth movement varies from person to person and is influenced by a multitude of complex factors such as:

Individual physiological/biological responses and limitations

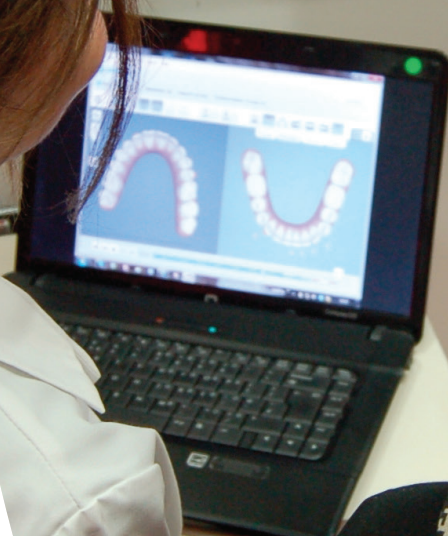
Variations in the shapes and morphology of individual teeth

Your age, medical and dental health status

Your compliance with protocols recommended and advised by your orthodontist

The ClinCheck allow you to visualise the predicted tooth movements on-screen

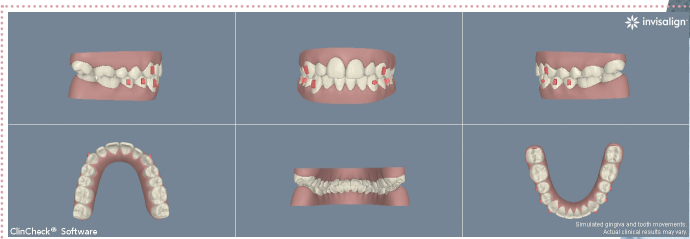
ALIGNER 28



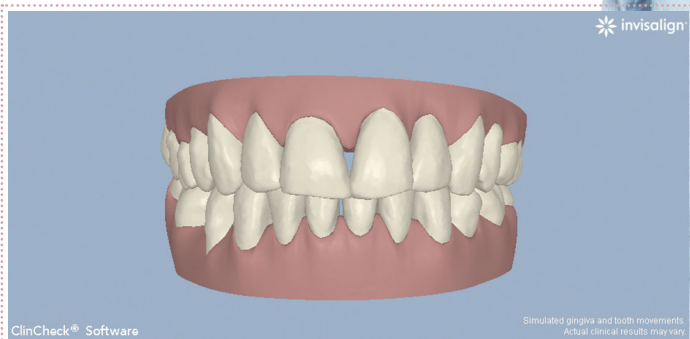
"Laughter is day, and sobriety is night; a smile is the twilight that hovers gently between both, more bewitching than either." - Henry Ward Beecher

THE INVISALIGN CLINCHECK

Post-treatment ClinCheck images



Common ClinCheck questions



Why is there a triangular gap between my teeth on the ClinCheck?

Gaps between teeth can occur when two abnormally shaped teeth lie next to each other; the gap is called a black triangle. It can also occur in patients who have pre-existing gum recession. If a black triangle (space) does appear it can be resolved by further movement of the teeth to close the gap or by a very small filling which your dentist can place to camouflage the defect.

Will my gums move during treatment?

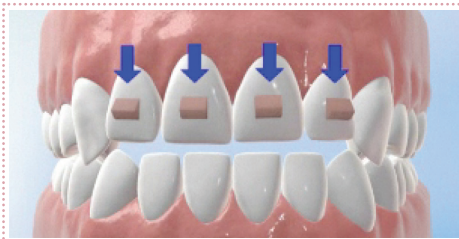
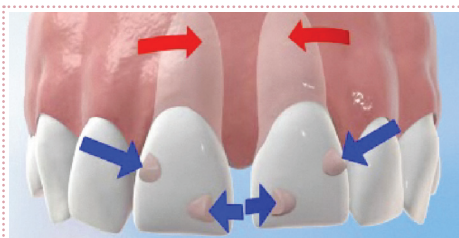
The simulations sent to you only show the movement of the teeth, the gum is not simulated as it is not predictable. The ClinCheck programme is designed to demonstrate the alignment of the teeth (show how straight your teeth will be). It is very difficult to anticipate the reaction of any patients gum to these complex movements.



ALIGNER 29



THE ATTACHMENTS



Attachments are required in certain instances, in order to help specific or individual teeth move in pre-determined directions. They are stuck to your teeth by the orthodontist and cannot be seen because they are made of tooth-coloured dental filling material. Attachments generate forces by interacting with the plastic aligner to push individual teeth into the correct position.

They are coloured on the ClinCheck images or animations so that you can see them clearly.

"They might not need me; but they might. I'll let my head be just in sight; a smile as small as mine might be precisely their necessity." - Emily Dickinson

POWER RIDGES



Power ridges are indentations in the aligners related to the upper and lower front teeth (incisors). They apply pressure to the teeth at precise points in order to twist or torque the roots of the incisor teeth.

PRECISION CUTS



Precision cuts are features in the aligner which are designed so that elastics can be placed directly onto the aligner (elastic hooks). Precision cuts can also be fabricated so that they allow the orthodontist to bond little brackets or buttons onto the teeth (button cut outs). Orthodontic forces can then be applied to the teeth by using elastics attached to the cut-outs or the brackets or buttons.



ALIGNER 30



ELASTICS



Depending on the placement or configuration of the precision cut outs, elastic forces can be used to improve your bite.

As you will need to change the elastics yourself during your treatment, your orthodontist will give you details on how and when to place them; according to the clinical prescription given. The use of elastics is only relevant in correcting certain orthodontic problems and is not required for every patient.

"If you smile when no one else is around, you really mean it." - Andy Rooney

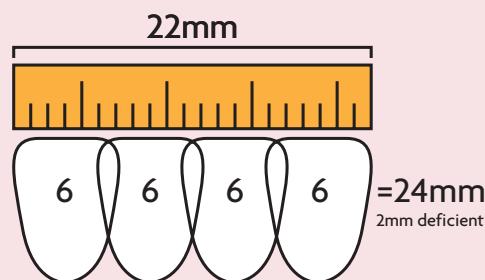
INTERPROXIMAL REDUCTION

WHAT IS IPR AND WHY YOU MAY NEED IT?

You are on your way to a healthy, new smile

To help you achieve it, your orthodontist feels that interproximal reduction is required to create space between the teeth and reduce friction, in order for the teeth to move efficiently. This will contribute to the successful outcome of your orthodontic treatment. It may also contribute to long-term stability of your results after your braces are removed. Interproximal reduction is the removal of some of the outer tooth surface, called enamel, usually between teeth that touch; it has been used in orthodontics since the 1940's. It is also known as slenderising, stripping, enamel reduction, reproximation and selective reduction.

Whatever the name, the intentions are the same – to acquire more space for your teeth, to bring your teeth into alignment, to improve your bite (the way your teeth come together) or to make the teeth more attractive. Sometimes interproximal reduction is done alone, but it is usually done in combination with orthodontic appliance treatment. Sometimes it is even done in conjunction with tooth extractions. Sometimes it is done following orthodontic treatment to establish stability. Many



Interproximal reduction is a means by which additional space is acquired for your teeth. It is best compared to a high polish, as the gaps created cannot be seen visually and are only a fraction of a millimetre (0.1mm - 0.5mm maximum). It is not the same as drilling the teeth. This illustration shows how 2mm of space can be gained through the process of interproximal reduction.

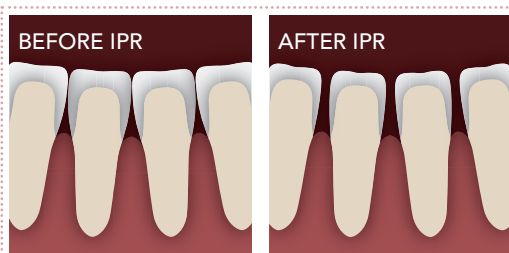
times front teeth are contoured during or after orthodontic treatment to create a balanced and harmonious appearance of teeth. Your orthodontist will recommend enamel reduction if it is a solution to your individual need.

Will interproximal reduction damage my teeth or gums?

Front teeth form the framework upon which lips rest. Evaluating facial characteristics through photographs and x-rays is an essential step in orthodontic treatment. Your orthodontist will examine your facial appearance and decide whether or not interproximal reduction is suitable or beneficial.

The primary reason orthodontists choose to perform interproximal reduction on some patients is to reduce the size of the teeth so that they can be aligned properly. Studies among patients who have had interproximal

reduction show that the procedure does not make teeth more susceptible to tooth decay nor does the procedure predispose gums to gum disease.

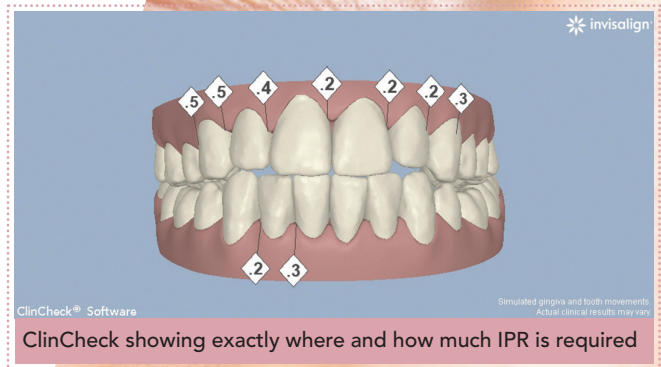
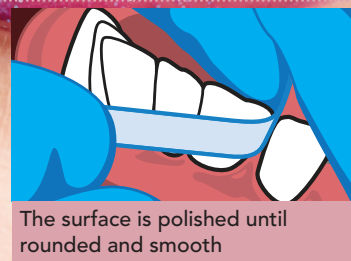


How does Interproximal reduction work?

1. Your doctor will identify which teeth are to be slenderised and your Invisalign ClinCheck will clearly show you exactly where and how much is required
2. Enamel is removed from the sides of each tooth, where the tooth comes in contact with neighbouring teeth. The enamel may be removed manually or with the aid of a specially-designed dental handpiece.
3. Your orthodontist carefully removes the desired amount of enamel, leaving each tooth with sufficient enamel to remain healthy and sound.
4. In performing enamel reduction, the doctor carefully creates needed space that will allow teeth to be placed so that the bite is improved and the teeth take on a pleasing appearance.
5. Desired positioning can be achieved after teeth are slenderised.

Extra space is created when tooth width is reduced. The orthodontist can also shape teeth to create a more attractive appearance.

The Tools used in the process



ALIGNER 31



"We shall never know all the good that a simple smile can do." - Mother Teresa



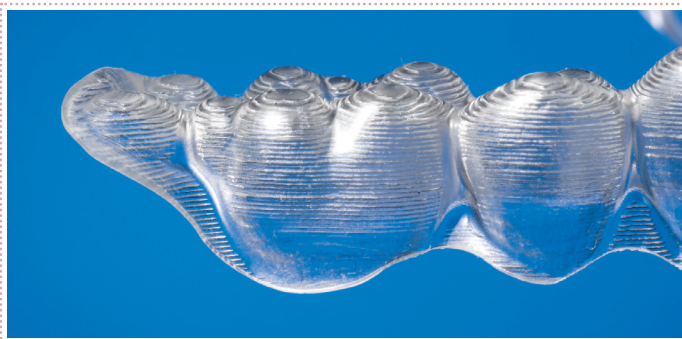
Invisalign Teen aligner

BLUE WEAR INDICATORS (for invisalign teen)



Blue wear-indicators at the rear of the aligners that fade from blue to clear will help the doctor and parents identify if the patient has been wearing their aligners for the sufficient length of time.

ERUPTION COMPENSATORS (for invisalign teen)

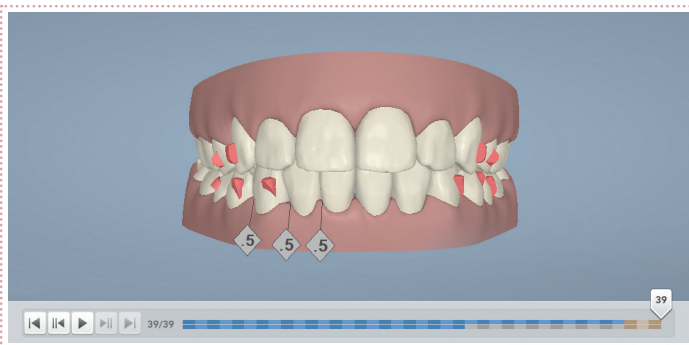


In order to compensate for the eruption of canines, second premolars and second molars, special features have been created.



TREATMENT LENGTH

ALIGNER 32



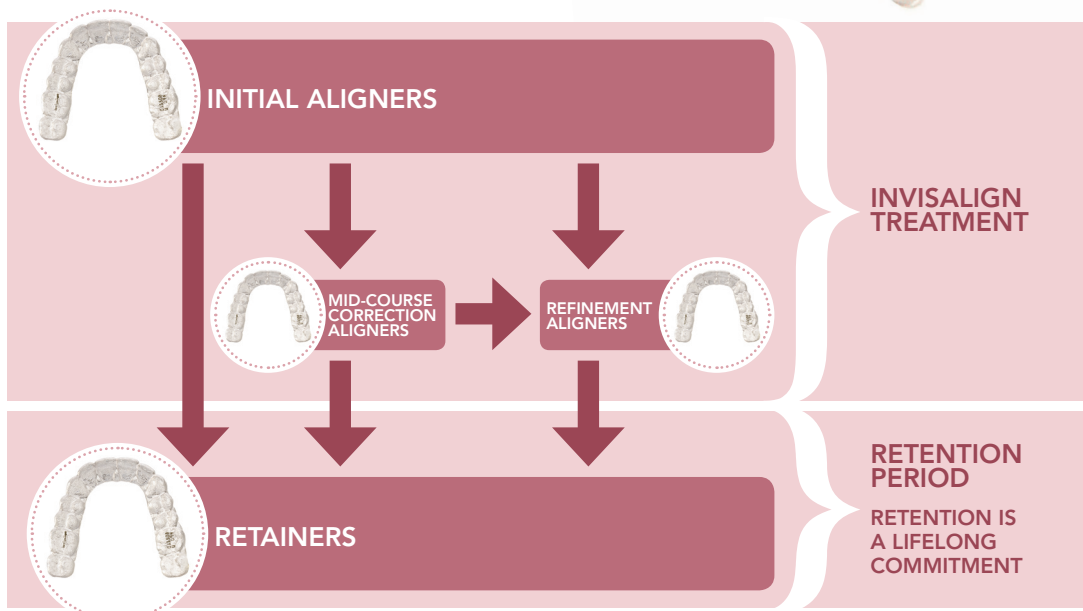
From your Invisalign animations, we will be able to see how many initial aligners there are and therefore give you a rough indication on the initial treatment length.

For example:

20 initial aligners at 2 week change over intervals
= 40 weeks or 9.5 months initial treatment length

This excludes any Mid Course Correction, Refinement aligners or any other changes that may occur during the treatment. Additional time should be allowed for these.

Orthodontic treatment is prescribed and it is not always possible to influence the treatment length because of the biological or physiological variables of the patient.



"A smile is happiness you'll find right under your nose." - Tom Wilson

MID-COURSE CORRECTION ALIGNERS

If aligners are not fitting correctly or the treatment goals have changed, new impressions or a scan and photographs can be processed in order for a new set of aligners to be issued. When a mid-course correction set of aligners are made the treatment length will be re-examined and extended. The orthodontist treating you will determine if you need a mid-course correction.

REFINEMENT ALIGNERS

On completion of the initial or mid-course correction sets of aligners, if there are any final adjustments that need to be made (for example: minor tooth rotations or closing of gaps etc), then this can be achieved through refinement aligners. New impressions or a scan and photographs will be taken in order for Invisalign to make additional sets of aligners that will produce the final tooth movements to reach the desired results.

Refinement aligners can extend the length of treatment and your orthodontist will help you understand why these are necessary. The number of refinement sessions is determined by which type of Invisalign treatment you are having, for example with Invisalign full you might have three additional refinement sessions while with Invisalign I-7 you might only have one refinement session with a limited number of aligners.

Any records taken for refinements are to be submitted by a date stipulated by the orthodontist and Align Technology (refinement fee date); in order to avoid incurring any additional fees. It is important that patients wear their aligners according to the time schedules prescribed by the treating clinician i.e. you should not vary the wear time of your aligners prescribed by your orthodontist (for example: two weeks is two weeks and not more or less).





“I always put the appointments and important dates in my diary. The key date was my perfect smile!”

IMPORTANT DATES TO NOTE

Patients should be aware of the important dates such as:

Refinement fee date

Date by which patients should have completed all or part of aligner treatment and submitted new records for processing. If this date is exceeded additional fees will be incurred by the patient.

Treatment expiration date

For warranty purposes, Invisalign estimates that all of your treatment will be completed by this date (including all refinements). No mid-course corrections or refinement aligners can be ordered after this date and any further treatment will be commenced as a brand new case which will attract additional fees – your Invisalign treatment has a time constraint during which all aspects must be completed.

APPOINTMENTS NEEDED FOR INVISALIGN TREATMENT

You will need to visit the orthodontist at specific crucial times to carry out different aspects of your treatment within the clinic. Your appointments will be specified by your orthodontist and could be anywhere from 4 to 12 week intervals.

“A warm smile is the universal language of Kindness.” - William Arthur Ward



WILL INVISALIGN FIT WITH
MY LIFESTYLE?

With Invisalign treatment you can simply carry on with your daily routine without any fuss or embarrassment. The aligners are comfortable to wear as there are no metal wires or brackets to cause any mouth irritations. You can also easily remove the aligners for eating, drinking, brushing and flossing as normal.

Invisalign allows you to straighten your teeth without having to feel self-conscious as they are transparent and difficult to detect when worn, you'd hardly even notice you are having treatment! And because they are removable, if you do have an important meeting or event that is causing you concern, you can always remove your aligners for a short period of time.

REASONS TO SMILE WITH INVISALIGN

Unlike fixed braces, you can remove your aligners to eat, drink, brush and floss – all hassle free, as if you weren't even wearing braces!

Chances are no one will even notice you're having treatment, seen as Invisalign aligners are virtually invisible. That is of course until your new smile is revealed!

You can help keep your teeth and gums healthy as you can remove your aligners regularly for brushing and flossing.

If you have a special night out or occasion such as a wedding, you can simply remove your aligners and enjoy yourself being brace free for a short period of time.

You can continue with your routine day to day activities while still straightening your teeth. No need to change a thing!

Since Invisalign aligners are virtually invisible, you don't have to hide your smile while going through treatment. Be yourself.

It's easy to make your smile picture perfect for that special occasion with Invisalign.

Appointments are made to work with your schedule and are mainly short visits for a quick progress check, once every 8-12 weeks.

ALIGNER 34



“For special occasions, you can simply remove your aligners and enjoy yourself”

“I Don't cry because it's over, but smile because it happened.” - Dr Sueess



I DO NOT WANT BRACES BUT I DO WANT STRAIGHT TEETH!

If you work in the world of film, as I do, your days are spent surrounded by actors who spend inordinate amounts of time enhancing every aspect of their body. They stretch, flex, groom, paint, brush, shave, you name it, if it makes them look better, they do it. It's an industry given.

My job is doing the make-up and hair to prepare actors for their roles, which means I am part of this on-going beautification, although sometimes I have to make the young look older and the good-looking look dastardly or even make women look like men and vice versa. I am well versed in the tricks of the trade.

Every day, I am surrounded by mirrors. They are essential to what I do. The drawback is, even though I am concentrating on my actors, there is no getting away from my own reflection. Since I was a child, I had not been happy with my teeth. As my 50s

progressed, I became aware of my teeth moving, especially my lower teeth becoming more crowded.

Eventually, I had had enough. I went to my dentist to get help. I confess I thought that she could take one lower tooth out and the rest would shift into place. In hindsight, I can't believe I thought this might work! She sent me to see an orthodontic specialist.

I was given choices: metal braces or invisible trays. There was no way I would walk around with metal braces and coloured bands. He told me about Invisalign, a system of trays or aligners which look like mouthguards and which you change every few weeks as your teeth gradually shift into new positions. That seemed brilliant. I said, let's go for it.

My intention had been to get treatment for the lower teeth only. But after being advised that upper and lower teeth must be

moved together to achieve a perfect bite, I wore upper and lower trays and at the end of treatment, my dentist replaced a crown on my front tooth with a veneer, which looks completely natural.

What's interesting is that people know I look different, but they don't know why. I can see it in their eyes. Originally, I only told my family and one close colleague at work. After a few months, I told a colleague. When I showed her the trays I had just taken out of my mouth, she was flabbergasted. She had no idea.

I am very happy with what I have had done. My orthodontist helped me believe I could have the teeth I wanted and to feel happy about looking in all those mirrors which surround me day in and day out. I would definitely recommend Invisalign.

 invisalign®
  invisalign^{teen}
 invisalign^{lite}
 invisalignⁱ⁷

ALIGNER 35



BEAUTIFUL BRACES

HELP YOU LOOK YOUR BEST!



Invisalign is a removable brace system that uses a series of custom-moulded aligners to move your teeth. The great thing about Invisalign is that the aligners are transparent and invisible (no metal bands or wires), therefore nobody is going to realise that you are undergoing treatment – **unless you tell them!**

**Octagon
Orthodontics**
SMILES FOR EVERYONE

Visit our website for more information: www.octagonorthodontics.com

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 01494 513797

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 01494 681367

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 0208 566 9567

INSTRUCTIONS AND CARE GUIDE

FOR YOUR INVISALIGN ALIGNERS

Wearing and using your invisalign aligners

Here are some helpful tips to enable the appropriate use of your aligners and to avoid them from being damaged.

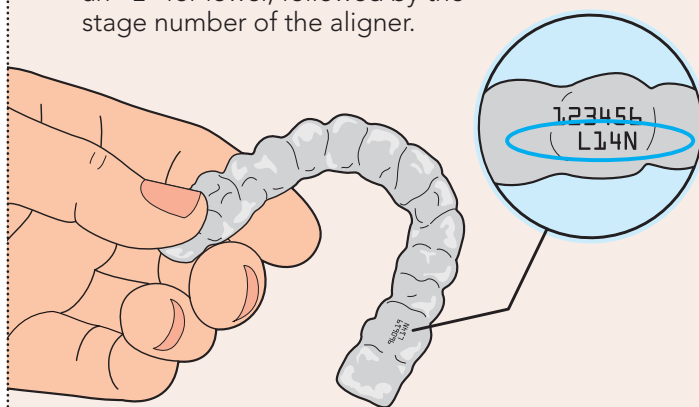
IMPORTANT TIPS FOR YOU TO FOLLOW:

- You must wear your aligners as instructed by your doctor; usually 22 hours per day.
- Only take them out for brushing your teeth, eating and drinking hot drinks.
- Make sure you wash your hands thoroughly before handling your aligners.
- Only handle ONE aligner at a time.
- When removing your aligners from the packaging, you should always rinse them before wearing them.

HOW TO INSERT YOUR ALIGNERS:

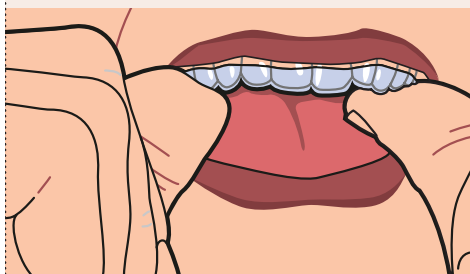
- Always check that you are about to insert the correct aligner by having the upper for your top teeth and the lower for your bottom teeth.

This can be checked by looking at the engraving on each of your aligners, a "U" is marked for upper and an "L" for lower, followed by the stage number of the aligner.



- Either your upper or lower aligner can be inserted first. To insert your aligners; firstly you need to gently push the aligners over your front teeth. Then, using your fingertips, apply equal pressure to the back teeth and push down until the aligner clicks into place.
- DO NOT bite your aligners into position as this may cause damage to them.

Note: If you experience any sharp pain or significant discomfort, please contact your doctor for advice or an appointment if necessary.

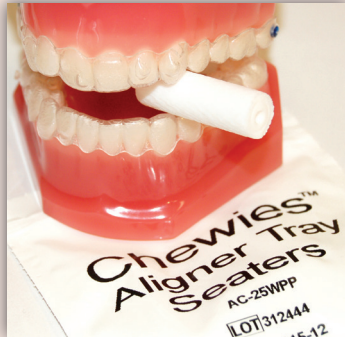




ALIGNER 36



IMPORTANT THINGS TO REMEMBER DURING YOUR INVISALIGN TREATMENT:



- Use aligner chewies to fully seat new aligners in place, as this ensures proper fitting so that your teeth can move efficiently.

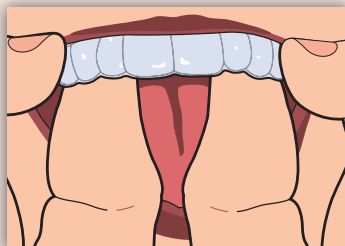
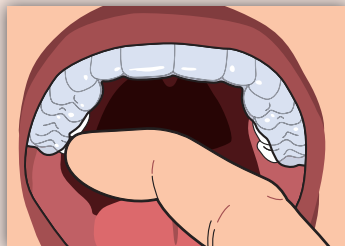
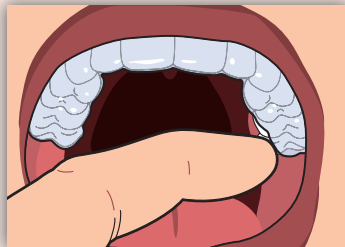


- You can use dental floss periodically to check that there are spaces between your teeth. Teeth move better if there is a little bit of space between them.



- If you notice that a specific tooth is not fully seated into an aligner:
 1. Continue wearing current aligner (do not change to the next one).
 2. Report the discrepancy to your orthodontist, who might ask you to make an appointment for examination and to rectify the problem.

HOW TO REMOVE YOUR ALIGNERS:



- Only remove one aligner at a time.

To begin with, on one side of your mouth, use your fingertip on the inside of your back teeth to slowly peel the aligner free from your teeth.

- Repeat this process on the other side of your mouth, leaving the aligner just covering the front teeth.
- Once the aligner is disengaged from the back teeth on both sides, you should then be able to slowly work your way forward, gently prying the aligner away from your teeth at the front with your fingertips.

Note:

Immediately rinse your aligner with water and shake off any excess water.

Always store your aligners in the protective case provided with your starter kit at the beginning of treatment.

Avoid unnecessary removal of your aligners to help prevent any damage to them.

Follow the removal guide correctly to avoid any breakage to your aligners.

If multiple attachments are being used, take extra care when removing your aligners

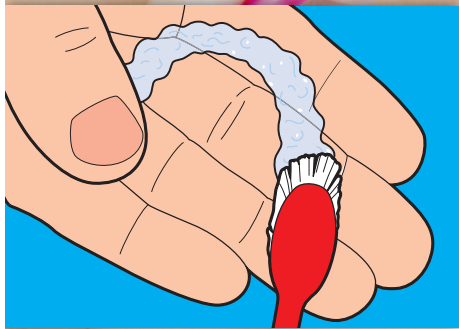
Excessive force should not be used to bend or twist an aligner into position or for removal.

DO NOT use any sharp object to remove your aligners.

Always contact your doctor if your aligners are extremely difficult to remove.

"Smile at strangers and you just might change a life." - Steve Maraboli

Maintenance and daily care guide for your aligners



HOW TO CLEAN YOUR ALIGNERS:

- Remember to clean your aligners prior to each wear.
- You must remove your aligners to clean them.
- Use a soft bristle toothbrush with water and a small amount of clear liquid soap to brush them clean.
- Thoroughly rinse each aligner with water after cleaning.
- It is also a good idea to clean your aligners with the Invisalign cleaning crystals once a week, or as needed.

Note:

Do NOT use denture cleaners to clean the aligners.

Do NOT soak them in mouthwash.

These products can damage the surface of the aligners, causing them to become dull and more visible.



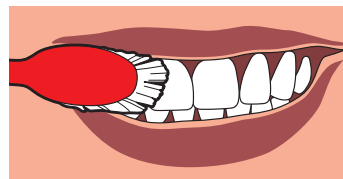
GOOD ORAL HYGIENE:

- Remove your aligners for eating and drinking hot liquids.
- You do not need to remove your aligners to drink cool water.
- You must brush your teeth after each meal or snack prior to re-inserting your aligners.
- If you do not have access to cleaning facilities, you can simply rinse your mouth, and then clean your aligners by holding them under warm running water. It is not the best way to clean, but it is a good temporary fix.
- Remember to clean your aligners and brush your teeth at your earliest convenience.

Note:

If you need any advice regarding specific hygiene techniques, please contact your doctor.

We recommend that Invisalign patients continue with regular dental check ups and hygiene cleans for the continued health of teeth and gums.



Always brush your teeth without wearing the aligners, this will maintain good oral hygiene and prevent damaging the aligners.

KEEPING YOUR INVISALIGN ALIGNERS SAFE!

- You will be provided with two different coloured aligner cases with your starter kit.
- A blue case and a red (or orange) case.
- You must always store your aligners in a case when they are not in your mouth.
- This will help protect them from loss or damage.
- Your doctor will advise you on how to use each aligner case and how to store your previous aligners.

Note:

Keep all of your older aligners in a safe place.

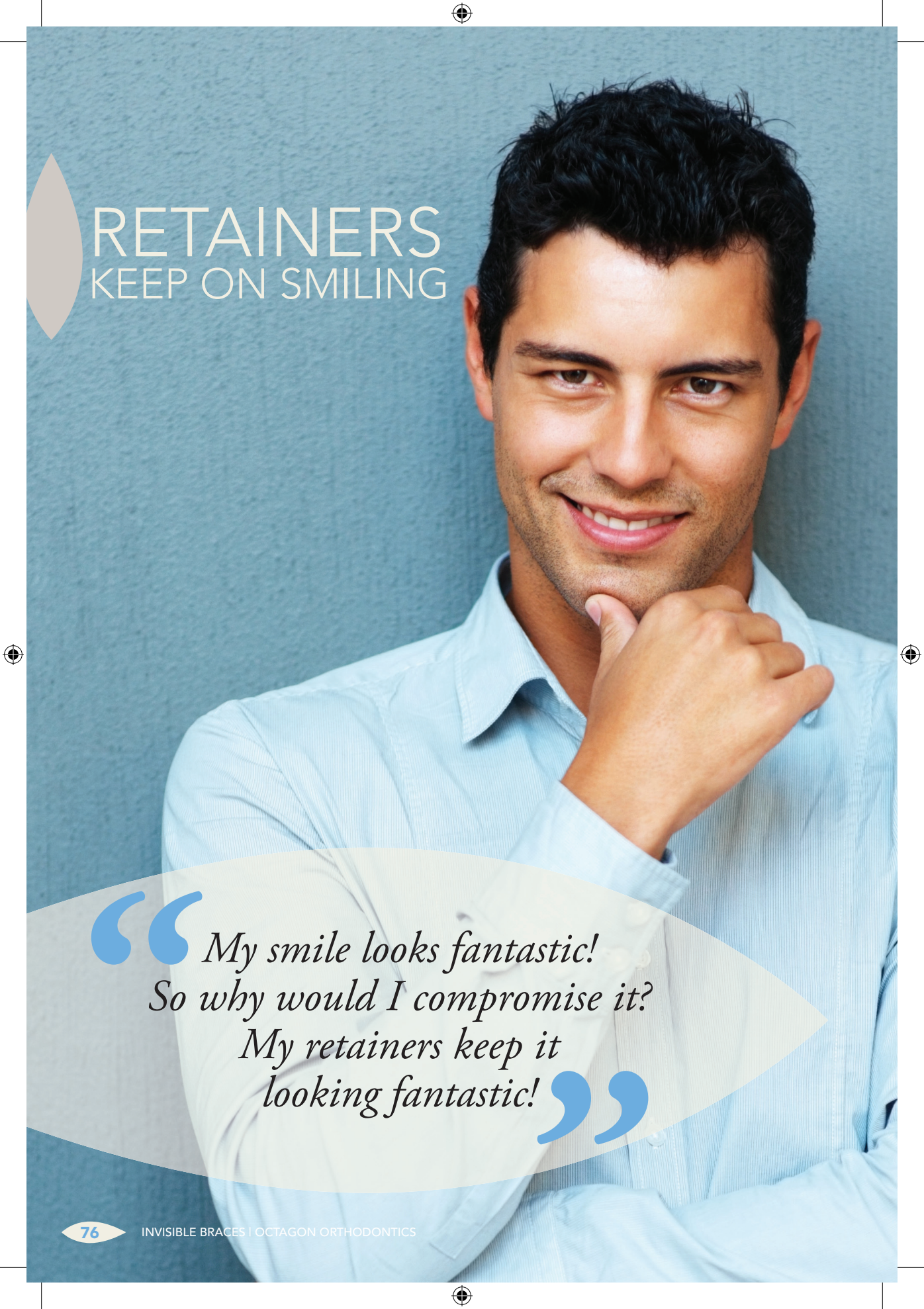
Keep them out of reach of small children and pets.

Contact your doctor immediately if you loose an aligner.

Contact your doctor immediately if an aligner is broken.



"Let us always meet each other with smile, for the smile is the beginning of love." - Mother Teresa



RETAINERS KEEP ON SMILING

“*My smile looks fantastic!
So why would I compromise it?
My retainers keep it
looking fantastic!*”



To make sure your new confident smile lasts for decades to come, you will have to use retainers, that way you will keep the smile that took time, skill and investment to create!

Why is retention so important?

After braces have been removed teeth have a tendency to return to their original position undoing your great new smile. To prevent this, your orthodontist may advise that you wear a retainer.

Wearing a retainer is simple, but it is actually a complex piece of equipment and a significant part of your orthodontic treatment. To maintain the success of your orthodontic treatment, it is vital that you wear your retainer in the way that your orthodontist advises.

It is difficult to say how long you will need to wear your retainer – each patient is an individual case. Your orthodontist's advice about how long you will need a retainer for will be tailored to you.

There are a range of different retainers available and your orthodontist will recommend to you the type of retainer that will best keep your teeth in position.

“Because of your smile, you make life more beautiful.” - Thich Nhat Hanh

RETAINERS KEEP ON SMILING

Here is an outline of the different types of retainers your orthodontist may recommend:

Vivera Removable Retainers

Like Invisalign, Vivera retainers are custom made especially for each individual patient. You are provided with three sets and they are made using:

Most advanced technology

3D digital imaging

Clear thermoplastic material

Advanced fabrication technology

The combination of all of this technology enables the Vivera retainers to not only be strong and almost invisible, but also to have a precise fit.

vivera[®]
retainers



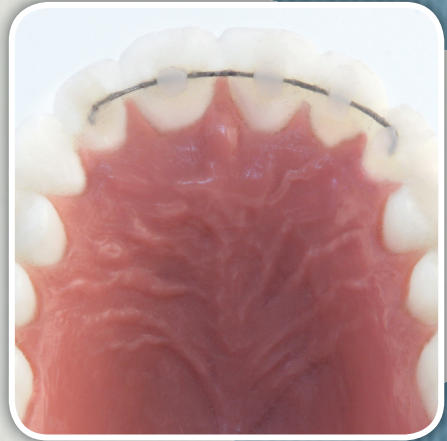
INSTRUCTIONS FOR VIVERA (TRANSPARENT) REMOVABLE RETAINERS

- Wear these retainers **EVERY NIGHT** into the future if you want to keep your teeth straight. Your orthodontist might ask you to do additional hours if necessary.
- Do not drink hot drinks whilst wearing the retainer as this will distort it, as will any contact with hot liquid.
- Take them out of your mouth when eating or playing sports.
- When the retainers are out of your mouth, place them in a brace/retainer case for safety.
- Brush your teeth after eating before replacing the retainer.
- Clean them once a day using a toothbrush, water and a clear liquid hand soap only.
- Do not use toothpaste to clean them, because it can make your retainers more brittle and prone to breakage.
- Bring your retainers for the periodic check-up appointments.
- Vivera retainers come in sets of three, so if you break or loose a set, you will already have a replacement to hand.
- There is an additional cost for any additional replacement sets.



Bonded Fixed Retainers

These consist of a wire bonded to the tongue-side of your teeth. They are designed to hold your teeth in a particular position for a long period of time, and the longer they remain in place the greater the guarantee that your teeth will remain straight.



INSTRUCTIONS FOR BONDED (FIXED) RETAINERS

- Bonded retainers are designed to hold the teeth in the exact position over a long period of time. The longer they remain in place the greater the guarantee that your teeth will remain straight.
- You must note and memorise the position of the thin wire behind the teeth and the special cement used to attach this wire to each tooth.
- Check the wires with a small mouth mirror every morning.
- Brush the back of your teeth and over the wires thoroughly 2-3 times a day, especially after eating sweet foods.
- Sticky sweets and hard foods can break the wire or its attachments, so be careful!
- If the wire breaks or an attachment becomes loose, telephone this clinic for an immediate appointment to have it checked. Ensure you wear your removable retainers to keep the teeth in position until your appointment.
- When wearing a Bonded retainer you need only wear your removable retainers at night.
- There is an additional cost for replacement or repair of this retainer.

“Autumn, the years last, loveliest smile.” - William Cullen Bryant

RETAINERS KEEP ON SMILING

More options your orthodontist may recommend:

Essix Removable Retainers

This is a clear or transparent retainer that is moulded to fit over the teeth.



INSTRUCTIONS FOR ESSIX (TRANSPARENT) REMOVABLE RETAINERS

- Wear your retainers EVERY NIGHT into the future if you want to keep your teeth straight.
- Take them out of your mouth when eating or playing sports.
- When the retainers are out of your mouth, place them in a brace/retainer case for safety.
- Clean them once a day using a toothbrush and toothpaste and then once a week using Retainer Brite tablets.
- Bring your retainers for the periodic check-up appointments.
- There is an additional cost for replacement or repair of this retainer.



Hawley Removable Retainers

This is the most common retainer and is made of a metal wire that surrounds the teeth, keeping them in place. The wire is rooted to a piece of specially moulded acrylic, which resides in the palate or floor of the mouth.



INSTRUCTIONS FOR HAWLEY REMOVABLE RETAINERS

- Wear your retainers EVERY NIGHT into the future if you want to keep your teeth straight.
- Take them out of your mouth when eating or playing sports.
- When the retainers are out of your mouth, place them in a brace/retainer case for safety.
- Clean them once a day using a toothbrush and toothpaste and then once a week using Retainer Brite tablets.
- Bring your retainers for the periodic check-up appointments.
- There is an additional cost for replacement or repair of this retainer.

"I was smiling yesterday, I am smiling today and I will smile tomorrow. Simply because life is too short to cry for anything." - Santosh Kalwar



FREQUENTLY ASKED QUESTIONS ABOUT INVISALIGN

IS THIS A NEW WAY TO STRAIGHTEN TEETH?

No, removable appliances have been used successfully in the past by Orthodontists and Dentists to straighten teeth. But now, with Align Technology's 3D computer technology and mass-customisation, Invisalign can be used to treat almost anyone who wants straighter teeth. The 3D software unique to Invisalign, enables patients to view their whole treatment plan; including the end result before they even commence any treatment.

HOW DOES INVISALIGN WORK?

Teeth are moved using Invisalign aligners with an appropriate placement of controlled movement on the teeth. Invisalign is able to control the amount of movement per aligner, as well as the timing of the movement, unlike traditional braces. So, as prescribed by the orthodontic treatment plan, at each stage, only certain teeth are allowed to move. This enables an efficient force delivery system that moves teeth into the final desired position that was originally determined by the orthodontic treatment plan.

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

The practically invisible aligners are made of strong medical grade thermoplastic material which has been uniquely developed for the Invisalign treatment plan. The custom-made aligners are specifically produced to fit snugly over your teeth. Some orthodontists have referred to them as 'contact lenses for teeth'.



HOW DO I GET STARTED WITH INVISALIGN?

You just need to arrange an appointment with an Invisalign-trained doctor for an initial orthodontic consultation!

HOW OLD IS THE COMPANY?

Align Technology, Inc., the company that manufactures Invisalign, was founded in 1997.

HOW OLD IS THE TECHNOLOGY?

It was envisioned in 1945 by Dr. H.D. Kiesling that one day modern technology would enable the use of a series of tooth positioners to produce the kinds of movements required for comprehensive orthodontic treatment. Align Technology has made this vision a reality by using its advanced computer technology to produce Invisalign; a series of customised clear aligners, where each aligner is worn sequentially by the patient to produce extensive tooth movements in both upper and lower arches.

HOW MANY PATIENTS ARE BEING TREATED WITH INVISALIGN?

The number of Invisalign smiles grows daily with more than 1.9 million patients worldwide having been treated with Invisalign.

DOES INVISALIGN HAVE ISO CERTIFICATION?

ISO is an international organisation which promotes standardisation and grants Quality Certifications. Align is certified to the ISO 13485:2003 standard. This standard is granted to companies which comply with the regulatory requirements for medical equipment and devices.

HAS THE FDA CLEARED INVISALIGN?

Invisalign aligners are cleared by the US FDA (Food and Drug Administration). Align Technology, Inc. has held the necessary 510K clearance from the FDA since 1998 to be able to sell and market the Invisalign system.

"Smile, it is the key that fits the lock of everybody's heart." - Anthony J. D'Angelo

FREQUENTLY ASKED QUESTIONS ABOUT INVISALIGN

DO INVISALIGN ALIGNERS CONTAIN BISPHENOL-A (BPA)?

No. Invisalign aligners do not contain Bisphenol-A or phthalate plasticisers. Invisalign aligners are made of USP Class VI medical grade, high molecular weight, polyurethane resins. Tests have been conducted to determine the biocompatibility of these materials, and show that they are biocompatible and pass all applicable regulatory requirements and thresholds for human wear in the mouth. Of course, as with any medical device, you should consult with your Invisalign doctor about your aligner treatment and any applicable risks of use.

HOW LONG DOES INVISALIGN TREATMENT TAKE?

Invisalign treatment is generally equal in length to that of traditional braces. However, ultimately total treatment length still depends on the complexity of the actual treatment required. Your Invisalign doctor will be able to provide you with more detailed information regarding your specific treatment.

HOW OFTEN MUST I SEE MY INVISALIGN DOCTOR ONCE I HAVE STARTED TREATMENT?

Patients typically visit their Invisalign doctor every 4-12 weeks; to ensure that treatment is progressing as planned. Generally the intervals between appointments are further apart than with traditional braces, with less time spent in the doctor's chair as no adjustments need to be made to wires or brackets. Often, at each visit you will receive the next few sets of aligners, but your doctor will decide exactly when and how many based on your treatment.

WHERE IS INVISALIGN AVAILABLE?

Currently, Invisalign is marketed in many countries worldwide including the following: United States, Canada, Brazil, Australia, Japan, United Kingdom, France, Italy, Germany, Austria, Switzerland, Spain to name but a few.

WILL THE INVISALIGN TREATMENT BE PAINFUL?

It is normal for some people to temporarily experience some minor discomfort or feelings of pressure, for a few days at the beginning of each new stage of treatment. This is just a sign that the aligners are working, gradually moving your teeth, helping you to achieve your perfect smile. This discomfort typically only lasts for a couple of days.

WHAT RESTRICTIONS ARE THERE WITH FOOD WHILST IN TREATMENT?

None. You can eat whatever you like whilst having Invisalign treatment because you remove your aligners to eat and drink, unlike traditional fixed braces. Therefore, you do not need to restrict consuming all of your favorite foods and snacks. You will however, need to brush and floss your teeth after each meal and prior to re-inserting your aligners, so that you can maintain a good level of oral hygiene.

WILL MY SPEECH BE AFFECTED WHEN WEARING ALIGNERS?

As with traditional orthodontic appliances, there is usually an initial adjustment period associated with having something new in the mouth. But generally, the vast majority of patients report that Invisalign does not affect their speech.



HOW OFTEN DO YOU HAVE TO WEAR THE ALIGNERS?

Except for eating, brushing or flossing teeth, aligners should be worn all the time during treatment.

WHAT IF MY NEW ALIGNER DOES NOT CLICK ONTO MY TEETH?

Your teeth will need time to adjust to the new aligner position, therefore minor discrepancies between the new aligner and the current tooth position are normal and this can mean that it may take a day or two for your aligner to click into place fully. Your aligners should still fit comfortably in place until the clicking occurs. In the event of significant problems with fitting an aligner, please contact your doctor immediately.

CAN I SMOKE WHILE WEARING THE ALIGNERS?

It is possible for the aligners to become stained / discoloured when you smoke when wearing Invisalign aligners. Therefore, smoking is discouraged.

WHAT DO I DO IF I LOOSE OR BREAK MY ALIGNERS?

You should immediately contact your doctor for advice. You will probably be told to start wearing your last set or next set of aligners straight away; depending on how long you have been wearing your current aligner stage. Potentially, a new set of aligners may be ordered to replace the ones that are lost or broken. Replacements usually arrive in a few days.

WHAT ARE THE BUMPS OR RIDGES ON MY ALIGNERS?

The bumps are where the aligners grip the attachments that are placed onto your teeth. The attachments or buttons are small pieces of composite that are fixed to your teeth and are used to help move your teeth. The ridges are slim indentations in your aligners. Your doctor will use one or both of these features to achieve the desired end result. Depending on your specific treatment, some of the teeth movements may require either "attachments" or "ridges" to help the aligner grip the teeth.

WHAT IF AN ATTACHMENT COMES OFF?

Please contact your doctor immediately for advice. It may or may not need replacing.

CAN I CHEW GUM WHILE WEARING ALIGNERS?

Chewing gum can stick to the aligners, so it is not advised. It is recommended that aligners are removed for all meals and snacks.

WHAT CAN I DRINK WHILE WEARING INVISALIGN ALIGNERS?

Except for cool water, it is best that you do not drink any hot or cold beverages while wearing your aligners. This will help to avoid the formation of cavities and stains, or any warping of the aligners.

WHAT IS THE BEST WAY TO CLEAN MY ALIGNERS?

The best way to clean your Invisalign aligners is by brushing and rinsing them with lukewarm water and using Invisalign Cleaning Crystals or a clear liquid soap. It is also important that you clean your teeth after each meal and prior to re-inserting your aligners, so that you can maintain a good level of oral hygiene.

Note: If you have additional questions after reading this, please consult with your doctor.

Warning: In rare instances, some patients may be allergic to the plastic aligner material. In such cases, discontinue use and consult a health care professional immediately. Align technology must also be notified. Orthodontic appliances or parts thereof, may be accidentally swallowed or aspirated and may be harmful.

RISKS AND CONSIDERATIONS

DURING INVISALIGN TREATMENT

Like other orthodontic treatments, the use of Invisalign product(s) may involve some of the risks outlined below:

- Failure to wear the appliances for the required number of hours per day, not using the product as directed by your doctor, missing appointments, and erupting or atypically shaped teeth can lengthen the treatment time and affect the ability to achieve the desired results
- Dental tenderness may be experienced after switching to the next aligner in the series
- Gums, cheeks and lips may be scratched or irritated
- Teeth may shift position after treatment. Consistent wearing of retainers at the end of treatment should reduce this tendency
- Tooth decay, periodontal disease, inflammation of the gums or permanent markings (e.g. decalcification) may occur if patients consume foods or beverages containing sugar, do not brush and floss their teeth properly before wearing the Invisalign products, or do not use proper oral hygiene and preventative maintenance
- The aligners may temporarily affect speech and may result in a lisp, although any speech impediment caused by the Invisalign products should disappear within one or two weeks
- Aligners may cause a temporary increase in salivation or mouth dryness and certain medications can heighten this effect
- Attachments may be bonded to one or more teeth during the course of treatment to facilitate tooth movement and/or appliance retention. These will be removed after treatment is completed



- Attachments may fall off and require replacement
- Teeth may require interproximal reduction or slenderising in order to create space needed for dental alignment to occur
- The bite may change throughout the course of treatment and may result in temporary patient discomfort
- In rare instances, slight superficial surface wear of the aligner may occur where patients may be grinding their teeth or where the teeth may be rubbing and is generally not a problem as overall aligner integrity and strength remains intact
- At the end of orthodontic treatment, the bite may require adjustment ("occlusal adjustment")
- Atypically shaped, erupting and/or missing teeth may affect aligner adaptation and may affect the ability to achieve the desired results
- Treatment of severe open bite, severe overjet, mixed dentition, and/or skeletally narrow jaw may require supplemental treatment in addition to aligner treatment
- Supplemental orthodontic treatment, including the use of bonded buttons, orthodontic elastics, auxiliary appliances/dental devices (e.g. temporary anchorage devices, sectional fixed appliances), and/or restorative dental procedures may be needed for more complicated treatment plans where aligners alone may not be adequate to achieve the desired outcome
- Teeth which have been overlapped for long periods of time may be missing the gingival tissue below the interproximal contact once the teeth are aligned, leading to the appearance of a "black triangle" space
- Aligners are not effective in the movement of dental implants
- General medical conditions and use of medications can affect orthodontic treatment
- Health of the bone and gums which support the teeth may be impaired or aggravated
- Oral surgery may be necessary to correct crowding or severe jaw imbalances that are present prior to wearing the Invisalign product. If oral surgery is required, risks associated with anesthesia and proper healing must be taken into account prior to treatment
- A tooth that has been previously traumatised, or significantly restored may be aggravated. In rare instances the useful life of the tooth may be reduced, the tooth may require additional dental treatment such as endodontic and/or additional restorative work and the tooth may be lost
- Existing dental restorations (e.g. crowns) may become dislodged and require re-cementation or in some instances, replacement
- Short clinical crowns can pose appliance retention issues and inhibit tooth movement
- The length of the roots of the teeth may be shortened during orthodontic treatment and may become a threat to the useful life of teeth
- Product breakage is more likely in patients with severe crowding and/or multiple missing teeth
- Orthodontic appliances or parts thereof may be accidentally swallowed or aspirated
- In rare instances, problems may also occur in the jaw joint, causing joint pain, headaches or ear problems
- Allergic reactions may occur
- Teeth that are not at least partially covered by the aligner may undergo supraeruption
- In rare instances, patients with hereditary angioedema (HAE), a genetic disorder, may experience rapid local swelling of subcutaneous tissues including the larynx, HAE may be triggered by mild stimuli including dental procedures

KEY DATES AND NOTES

What Invisalign treatment am I on:	☐ Full ☐ Teen ☐ Lite ☐ i-7
Treatment start date:	D D M M Y Y
Refinement fee date:	D D M M Y Y
Expiration date:	D D M M Y Y

INITIAL ALIGNERS

My initial treatment start date:	D D M M Y Y
How many initial aligners do I have?	UPPER LOWER
How often do I need to change them?	
What are my special instructions?	
How long will my initial treatment be?	
When will I finish my initial set of aligners?	D D M M Y Y

MID-COURSE CORRECTION ALIGNERS

Do I need any mid-course correction (MCC) aligners?	YES NO
If yes, how many MCC aligners do I have?	UPPER LOWER
My MCC start date:	D D M M Y Y
How often do I need to change them?	
What are my special instructions?	
How long will my MCC treatment be?	
When will I finish my MCC set of aligners?	D D M M Y Y

REFINEMENT ALIGNERS

Do I need any refinement aligners?	YES NO
If yes, how many refinement aligners do I have?	UPPER LOWER
My refinement start date:	D D M M Y Y
How often do I need to change them?	
What are my special instructions?	
When will I finish my refinement set of aligners?	D D M M Y Y

YEAR 1

PATIENTS NAME:

DOCTOR:

CONTACT:

KEY DATES: REFINEMENT FEE DATE:

TREATMENT EXPIRATION DATE



WEEK 1 D D M M Y Y ALIGNER NO: NOTES:	WEEK 14 D D M M Y Y ALIGNER NO: NOTES:	WEEK 27 D D M M Y Y ALIGNER NO: NOTES:	WEEK 40 D D M M Y Y ALIGNER NO: NOTES:
WEEK 2 D D M M Y Y ALIGNER NO: NOTES:	WEEK 15 D D M M Y Y ALIGNER NO: NOTES:	WEEK 28 D D M M Y Y ALIGNER NO: NOTES:	WEEK 41 D D M M Y Y ALIGNER NO: NOTES:
WEEK 3 D D M M Y Y ALIGNER NO: NOTES:	WEEK 16 D D M M Y Y ALIGNER NO: NOTES:	WEEK 29 D D M M Y Y ALIGNER NO: NOTES:	WEEK 42 D D M M Y Y ALIGNER NO: NOTES:
WEEK 4 D D M M Y Y ALIGNER NO: NOTES:	WEEK 17 D D M M Y Y ALIGNER NO: NOTES:	WEEK 30 D D M M Y Y ALIGNER NO: NOTES:	WEEK 43 D D M M Y Y ALIGNER NO: NOTES:
WEEK 5 D D M M Y Y ALIGNER NO: NOTES:	WEEK 18 D D M M Y Y ALIGNER NO: NOTES:	WEEK 31 D D M M Y Y ALIGNER NO: NOTES:	WEEK 44 D D M M Y Y ALIGNER NO: NOTES:
WEEK 6 D D M M Y Y ALIGNER NO: NOTES:	WEEK 19 D D M M Y Y ALIGNER NO: NOTES:	WEEK 32 D D M M Y Y ALIGNER NO: NOTES:	WEEK 45 D D M M Y Y ALIGNER NO: NOTES:
WEEK 7 D D M M Y Y ALIGNER NO: NOTES:	WEEK 20 D D M M Y Y ALIGNER NO: NOTES:	WEEK 33 D D M M Y Y ALIGNER NO: NOTES:	WEEK 46 D D M M Y Y ALIGNER NO: NOTES:
WEEK 8 D D M M Y Y ALIGNER NO: NOTES:	WEEK 21 D D M M Y Y ALIGNER NO: NOTES:	WEEK 34 D D M M Y Y ALIGNER NO: NOTES:	WEEK 47 D D M M Y Y ALIGNER NO: NOTES:
WEEK 9 D D M M Y Y ALIGNER NO: NOTES:	WEEK 22 D D M M Y Y ALIGNER NO: NOTES:	WEEK 35 D D M M Y Y ALIGNER NO: NOTES:	WEEK 48 D D M M Y Y ALIGNER NO: NOTES:
WEEK 10 D D M M Y Y ALIGNER NO: NOTES:	WEEK 23 D D M M Y Y ALIGNER NO: NOTES:	WEEK 36 D D M M Y Y ALIGNER NO: NOTES:	WEEK 49 D D M M Y Y ALIGNER NO: NOTES:
WEEK 11 D D M M Y Y ALIGNER NO: NOTES:	WEEK 24 D D M M Y Y ALIGNER NO: NOTES:	WEEK 37 D D M M Y Y ALIGNER NO: NOTES:	WEEK 50 D D M M Y Y ALIGNER NO: NOTES:
WEEK 12 D D M M Y Y ALIGNER NO: NOTES:	WEEK 25 D D M M Y Y ALIGNER NO: NOTES:	WEEK 38 D D M M Y Y ALIGNER NO: NOTES:	WEEK 51 D D M M Y Y ALIGNER NO: NOTES:
WEEK 13 D D M M Y Y ALIGNER NO: NOTES:	WEEK 26 D D M M Y Y ALIGNER NO: NOTES:	WEEK 39 D D M M Y Y ALIGNER NO: NOTES:	WEEK 52 D D M M Y Y ALIGNER NO: NOTES:

YEAR 2

TREATMENT CALENDAR

PATIENTS NAME:

DOCTOR: CONTACT:

KEY DATES: REFINEMENT FEE DATE: TREATMENT EXPIRATION DATE:

WEEK 1 ALIGNER NO: NOTES:	WEEK 14 ALIGNER NO: NOTES:	WEEK 27 ALIGNER NO: NOTES:	WEEK 40 ALIGNER NO: NOTES:
WEEK 2 ALIGNER NO: NOTES:	WEEK 15 ALIGNER NO: NOTES:	WEEK 28 ALIGNER NO: NOTES:	WEEK 41 ALIGNER NO: NOTES:
WEEK 3 ALIGNER NO: NOTES:	WEEK 16 ALIGNER NO: NOTES:	WEEK 29 ALIGNER NO: NOTES:	WEEK 42 ALIGNER NO: NOTES:
WEEK 4 ALIGNER NO: NOTES:	WEEK 17 ALIGNER NO: NOTES:	WEEK 30 ALIGNER NO: NOTES:	WEEK 43 ALIGNER NO: NOTES:
WEEK 5 ALIGNER NO: NOTES:	WEEK 18 ALIGNER NO: NOTES:	WEEK 31 ALIGNER NO: NOTES:	WEEK 44 ALIGNER NO: NOTES:
WEEK 6 ALIGNER NO: NOTES:	WEEK 19 ALIGNER NO: NOTES:	WEEK 32 ALIGNER NO: NOTES:	WEEK 45 ALIGNER NO: NOTES:
WEEK 7 ALIGNER NO: NOTES:	WEEK 20 ALIGNER NO: NOTES:	WEEK 33 ALIGNER NO: NOTES:	WEEK 46 ALIGNER NO: NOTES:
WEEK 8 ALIGNER NO: NOTES:	WEEK 21 ALIGNER NO: NOTES:	WEEK 34 ALIGNER NO: NOTES:	WEEK 47 ALIGNER NO: NOTES:
WEEK 9 ALIGNER NO: NOTES:	WEEK 22 ALIGNER NO: NOTES:	WEEK 35 ALIGNER NO: NOTES:	WEEK 48 ALIGNER NO: NOTES:
WEEK 10 ALIGNER NO: NOTES:	WEEK 23 ALIGNER NO: NOTES:	WEEK 36 ALIGNER NO: NOTES:	WEEK 49 ALIGNER NO: NOTES:
WEEK 11 ALIGNER NO: NOTES:	WEEK 24 ALIGNER NO: NOTES:	WEEK 37 ALIGNER NO: NOTES:	WEEK 50 ALIGNER NO: NOTES:
WEEK 12 ALIGNER NO: NOTES:	WEEK 25 ALIGNER NO: NOTES:	WEEK 38 ALIGNER NO: NOTES:	WEEK 51 ALIGNER NO: NOTES:
WEEK 13 ALIGNER NO: NOTES:	WEEK 26 ALIGNER NO: NOTES:	WEEK 39 ALIGNER NO: NOTES:	WEEK 52 ALIGNER NO: NOTES:

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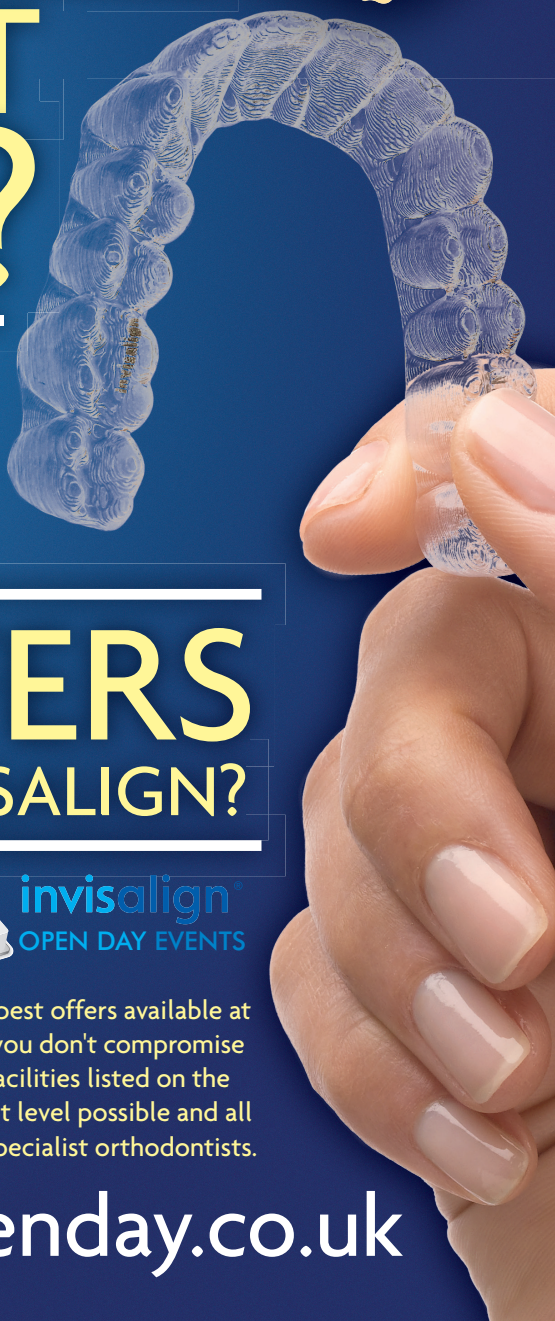
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