

# stDental Times

## What is Invisalign?

**I**nvisalign® can give you the beautiful straight teeth you've always wanted. It works through a series of invisible, removable, and comfortable aligners that no one can tell you're wearing. So you can smile more during treatment as well as after. Invisalign has been proven effective. Dr. Andrew Huang has been using Invisalign® to correct as well as enhance our patients' smiles for many years. Sometimes, he will use Invisalign® in combination of veneers and/or all-porcelain crowns to create a perfect smile.

### What Is Invisalign?

- Invisalign® is the invisible way to straighten your teeth without braces.
- Invisalign® uses a series of clear removable aligners to straighten your teeth without metal wires or brackets.

## Why do My Teeth Need a Professional Cleaning?

**T**here is no question that having a clean, healthy smile can make you feel good about how you look and how you feel. Although you may do a thorough job brushing and cleaning between your teeth each day, your smile needs and deserves a regular professional cleaning, also known as a dental prophylaxis, at our office. That is because plaque, a clear, sticky film of bacteria, constantly forms on teeth. As plaque collects, it forms a hard layer of tartar, or calculus, especially in hard-to-

- Invisalign® has been proven effective in clinical research and in orthodontic practices.

### How Does Invisalign Work?

You wear each set of aligners for about 2-3 weeks, removing them only to eat, drink, brush, and floss. As you replace each aligner with the next one in the series, your teeth will move - little by little, week by week - until they have straightened to the final position Dr. Huang has prescribed. You'll visit Dr. Huang about once every 4-6 weeks to ensure that your treatment is progressing as planned. Total treatment time averages 9-15 months and the average number of aligners worn during treatment is between 18 and 30, but both will vary from case to case.

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reach areas near the gum line and between teeth.

The bacterial found in plaque create toxic chemicals that irritate the gums, causing the gums to become inflamed or bleed easily. If the irritation continues for some time, the gums may pull away from the teeth, forming pockets that collect more bacteria. Eventually the gum tissue and underlying bone may be destroyed and teeth may become loose. These are symptoms of gum disease.

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## Invisalign

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### How Much Does It Cost?

As with other types of orthodontic treatment, the cost of Invisalign® is heavily dependent on the complexity of a patient's case. The cost is generally more expensive than traditional braces, since Align Technology (the mother company of Invisalign®) does charge the office with an orthodontic workup fee and an aligners-construction fee. However, in our office, the fee for Invisalign® is comparable to traditional braces because we believe cosmetic dentistry is not for the rich-and-famous only. It's for everybody!

The Invisalign® price for some adult cases which only require minor tooth movements can be significantly less than the regular fee. A case can often be limited to the upper and lower front teeth. The fee and treatment time for these cases is reduced.

### Why Invisalign®?

Invisalign® can help you get the great smile you've always wanted because it's...

- Invisible, so no one can tell you're straightening your teeth. So now you can smile more during treatment as well as after.
- Removable, so you can eat and drink whatever you want while in treatment. Brushing and flossing are going to be no problem at all.
- Comfortable, because it has no metal to cause mouth abrasions during treatment. And no metal and wires usually means you spend less time in your doctor's office getting adjustments.

### How Are Aligners Made?

The aligners are made through a combination of Dr. Huang's expertise and 3-D computer imaging technology. Aligners are made out of clear, strong medical grade

plastic that is virtually invisible when worn. Moreover, Invisalign® also allows you to view your own virtual treatment plan when you start, so you can see how your straight teeth will look when your treatment is complete.

### Can I go to any dentist to be treated with Invisalign®?

Specific training is needed to use Invisalign®. As a result, dentists are required to become Invisalign®-certified before they can begin treating patients with Invisalign®. Dr. Huang is not only certified, he constantly attends study group specializing in Invisalign® treatment.

### Will the treatment be painful?

Most people experience temporary, minor discomfort for a few days at the beginning of each new stage of treatment. This is normal and is typically described as a feeling of pressure. It is a sign that Invisalign® is working - sequentially moving your teeth to their final destination. This discomfort typically goes away a couple of days after you insert the new aligner in the series.

### Will wearing Invisalign® Aligners affect my speech?

Like all orthodontic treatments, aligners may temporarily affect the speech of some people, and you may have a slight lisp for a day or two. However, as your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by the aligners should disappear.

### Are there restrictions on what I can eat while in treatment?

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### History of Braces



**Braces old and new.** At left is a set of full-banded braces, ca. 1929, fashioned from metals including gold bands on the top teeth. Today's braces may feature translucent brackets and the heat-activated nickel titanium wires developed through NASA, as shown on the right.



**Fixed braces.** They are the most common types of braces today.



**Invisible Braces.** Invisalign® is the invisible new way to straighten teeth without braces. Invisalign® uses a series of clear, removable aligners to gradually straighten teeth, without metal or wires.

## Professional Cleaning

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Recent research suggests there may be a link between gum disease and other health concerns such as cardiovascular problems, stroke, bacterial pneumonia and increased risk of problems during pregnancy.

Preventing gum disease is an important step in maintaining overall health. You can help keep your smile healthy by brushing twice a day and cleaning between teeth once a day with floss or other inter-dental cleaners (special picks or other devices that Dr. Huang recommends for you) to remove plaque between your teeth and below your gum line that a toothbrush can't reach.

While brushing and cleaning between teeth will help remove a great deal of plaque, it's nearly impossible to eliminate all of it.

And once plaque hardens into tartar, the only way it can be removed is with a professional teeth cleaning at our office. Besides having your teeth cleaned, regular dental visits are crucial in preventing tooth decay, gum diseases and other disorders that affect the mouth and your overall health.

During the cleaning, Dr. Huang will remove the hardened deposits with special tools. He will use an ultrasonic machine that produce sound waves to vibrate free the hard deposits. After the teeth are cleaned, they will be polished with a mild compound that is applied with a small rotating cup.

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### Broken Appointment Policy



**We are installing a \$100 broken and last minute appointment cancellation fee. We would like to keep our philosophy of no-wait and one-patient-at-a-time. And the only way we can achieve this is through patients' cooperation. We are requesting a 48 hours in-advance appointment cancellation courtesy.**

Order Here!

**Great News!  
We have gift certificates available for the special occasion!**



### Gift Certificates Order Form

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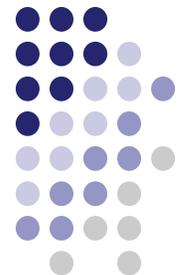
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\*Stop by the office to purchase a gift certificate or pick up products today!

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# Santa Teresa Dental

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## Share a Smile

New Patients Are Always  
Welcome!



Your referral is the best compliment. We couldn't have grown without your support. Enclosed please find some of our business cards. Pass them along to any friends or family members who may need our service!

## Invisalign

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No. Unlike traditional wires & brackets, you can eat whatever you desire while in treatment because you remove your Aligners to eat and drink.

Thus, there is no need to restrict your consumption of any of your favorite foods and snacks, unless instructed otherwise by Dr. Huang. Also, it is important that you brush your teeth after each meal and prior to re-inserting your aligners to maintain proper hygiene.

### What happens after treatment to prevent my teeth from moving again?

This depends on the outcome of the treatment. Some patients might need a conventional retainer. Other patients might need a clear plastic retainer similar to the ones Invisalign® makes. In some cases your last aligner will be your retainer. Dr. Huang will discuss these possibilities with you. Every patient is different and outcomes vary.

### Any more Questions?

Please email Dr. Huang directly at [DrHuang@stDental.com](mailto:DrHuang@stDental.com). He would be happy to answer any questions that you may have personally.

## Professional Cleaning

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Polishing the teeth helps remove stains on the outer surface of your teeth.

To help prevent tooth decay, Dr. Huang may recommend a fluoride treatment or a dental sealant. Fluoride strengthens tooth enamel and a dental sealant protects the chewing surfaces of teeth from plaque bacteria. Although these treatments are commonly recommended for children and adolescents, adults also can benefit from them.

### Five Great Reasons to Have Your Teeth Professionally Cleaned

ONE: To remove food, beverage or tobacco stains on the surface of your teeth that cannot be removed with regular brushing and flossing.

TWO: To remove tartar, a hardened substance that makes keeping your teeth clean difficult.

THREE: To prevent gum disease, a condition that may lead to loss of your teeth and other serious health problems.

FOUR: To learn about the best way to keep your teeth clean on a daily basis.

FIVE: To keep your teeth healthy, which will help to keep your body healthy overall.

And it is affordable! By putting a little more than a dollar away every day, you can afford dental exams, professional cleanings and digital x-rays at our office twice a year!