

57 Duddingston Crescent
Edinburgh EH15 3AY
T 0131 669 2114
E dentist@craigentenny.co.uk
W craigentenny.co.uk



"How To Get A More Confident and Attractive Smile with short term orthodontics"

By

John Booth BDS MFGDP

Can Our 4 Step Smile Improvement Programme Help YOU?

This report is designed for anyone who is unhappy with their current smile and is trying to work out what to do next. There are a whole range of treatment options available to improve your smile but many of them have significant downsides that you need to be aware of before thinking about treatment. You will learn

- which treatments can cause irreversible damage to the teeth
- which treatments are safer and less likely to cause problems
- how long you can expect the results to last
- all about the 4 Step Smile Improvement Programme
- the costs involved

If you can say yes to any of these questions then one of our solutions may be just what you are looking for

- you are unhappy with the appearance of your front teeth
- you have had orthodontic treatment in the past that is now relapsing
- you want something that is easy to insert and remove
- you want the option to remove the brace for important events in your life
- you want to avoid potentially invasive treatments like crowns or veneers
- you do not want to wear traditional train track braces for 12-18 months
- you do not want the expense often associated with Invisible Aligner systems

Is there anything else I can do?

Still not sure if orthodontic treatment this treatment is for you? That's ok. When we realized that we had lots of patients travelling a long way to see us we developed step 1 of the programme to help save you a wasted journey. After all we don't want you to spend time coming for an assessment if you are not suitable for the process.

Simply e-mail a photograph of your teeth and a short description of what you want to achieve to dentist@craigentenny.co.uk and our dentists will carry out a pre visit screening for you at no charge. While we cannot diagnose things with complete accuracy from a photograph alone we can usually give you an idea whether short term orthodontics could be appropriate for you.

The 4 Step Smile Improvement Programme

Treatment with short term orthodontics is quite straight forwards but it is important that you understand what the treatment will and will not achieve. Our dental team do most of the hard work. Your only responsibility is following the detailed advice and support that we provide. We can even show you a mock up of how envisage your teeth will look after treatment.

Step 1 - Pre Screening of your smile

Just book a short appointment for a consultation or send us some photographs of your smile and tell us what you want to achieve and we will carry out an initial feasibility pre screening for you. Although photographs will not allow us to say definitively if treatment is possible it does allow us to give you a good idea. If you are in a hurry or travel a long way to see us we can combine step 1 and 2 on the same visit if you are a suitable candidate for treatment.

Step 2 - Detailed Analysis of your smile

We carry out a detailed consultation, where we listen very carefully to your goals for your smile and then look thoroughly at your teeth, gums, jaws, jaw joints, and bite. From this analysis we can usually tell whether you will be a candidate for Short Term Orthodontics or not. Very occasionally, if for example your treatment goals are on the outer limits of what is possible we need to take photographs and models of your teeth to allow an even more detailed assessment in our laboratory.

Step 3 - Treatment

Impressions are taken of your teeth if we don't already have them from stage 2. From these impressions we simulate your tooth movements in our laboratory to plan your treatment. Once this is complete we construct a bespoke Inman Aligner that is programmed just for you.

If you choose an removable treatment such as the Inman Aligner you will find it is easy to insert and remove, it is generally worn for a period of weeks. Due to its revolutionary design it works much faster than alternative orthodontic techniques so most treatments are completed in 12-18 weeks. Lower teeth are often a little faster than this and upper teeth can occasionally take a little longer.

Ideally the Aligner is worn for 20 hours per day for the shortest treatment time. The removable nature of the device means it can be taken out for important meetings, presentations or for eating. If you don't manage a full 20 hours per day it just means that treatment will take a little more time. We review progress every 4 - 6 to keep your

treatment on track and to ensure sure you get to the desired result in as little time as possible.

If you choose a "Fixed brace" treatment like 6 Month Smiles we do have more control over the tooth positioning but treatment is usually a bit longer at around 6-8 months. Again an initial assessment will allow us to give you a good idea as to how long it will take to align your smile.

Step 4 - Retain

The last step is in some ways the most important. To maintain your smile in its new improved position you need to hold the teeth in place. This can be achieved either using a clear snap in retainer that is worn at night. A similar effect can often be achieved by bonding a retainer behind the teeth where it will not be seen but will support them in their new position. A great bonus to using removable retainers at the end of treatment is that they can also double up as tooth whitening trays. As a special thank you to our Smile Improvement Programme patients, tooth whitening is at the end of treatment if you so wish with a 40% discount.

We see many patients who had orthodontic treatment when they were growing up who are now disappointed that the teeth have relapsed back towards their original positions. This step ensures that this won't be so likely to happen again.

What's the difference between this and long term Orthodontics?

Inman aligners and 6 Month Smiles are designed to help straighten the front teeth only. We don't set about long and complex movements to alter your bite at the back of your mouth. Because we keep our treatment aims simple and deal with your appearance concerns only treatment is substantially faster. During your assessment we carry out a detailed series of checks and will explain to you exactly what the difference would be for you between long term orthodontics and treatment with a short term orthodontics.

Comparison Of Treatments

Orthodontic treatments MOVE teeth into the right place rather than using materials to camouflage the true position of the teeth. Generally the results are lifelong if the final result is retained which makes orthodontics the lowest cost option both in the short term and over a lifetime.

	Traditional Braces "Train Track Type"	6 Month smiles Fast Fixed Braces	Inman Aligner Programme @ Craigentinny
Time for treatment*	12-18 months	6-12months	12-18 weeks Sometimes faster
Visibility	High Wires and often brackets are metal	Low White brackets and white wires	Medium A clear strip round front teeth
Number of devices	Wires changed frequently throughout treatment	Wire changes every 4-6 weeks	Usually 1 aligner does all of the treatment
Will Treat	All bite problems and appearance	Mainly appearance	Appearance only
Costs*¹	Varies £2000-£5000	Moderate Usually £1800+	Lower From £1250 ²

*¹ orthodontic treatment for cosmetic purposes is not available within the NHS system. Fees quoted here for traditional treatment and Clear Aligners will vary depending on your location in the country.

*² For an Upper or lower Inman Aligner

Note- The fees quoted above are all inclusive, we do not charge extra for x rays, study models or retainers at the end of treatment.

Comparison Of Treatments – Non orthodontic

There are 3 main non orthodontic options. Crowns, veneers or resin bonding.

Veneers and Crowns

A veneer is a very thin porcelain covering which is bonded to the front of your tooth to change its appearance. Crowns are generally thicker than veneers and wrap all the way around the tooth. Usually 0.4 - 0.5mm of tooth is drilled away to make space for the veneer and 0.5 - 2mm for crowns. If the teeth are a long way out of position considerably more tooth removal may be required. The lifespan varies greatly but veneers or crowns lasting 7-15 years and still looking good would be considered very successful.

Crowns and veneers compared to orthodontics

- 5-15% of crowned teeth die in a 5 year period, if this happens root treatment is needed.
- Crowns or veneers will need to be re done on several occasions throughout life
- This means that the lifetime cost of crowns or veneers will be higher than orthodontics
- Orthodontics does not carry the same risks associated with crowns or veneers and is a more conservative option.
- With full time retention after treatment orthodontic treatment results are lifelong
- The Inman Aligner Programme Results in a lower financial and biological costs.

Resin Bonding

The dentist uses highly polish-able white filling materials to build your teeth up to the desired shape. This can often be done without local anesthetic. This is a very conservative technique and because no tooth is removed the process is usually reversible.

Resin Bonding compared to orthodontics

- Resin bonding is fast and usually needs just one or two long visits
- Maintenance requirements for resin bonding are higher than orthodontics or veneers

The 3 Questions You Need To Ask Before Starting treatment

1. How many of this type of treatment have you carried out?
2. Does your quoted fee include everything / is there anything else extra that I will need to pay?
3. Can you show me (lots of) before and after photographs of cases that you personally have treated before?

Why Choose Craigentenny Dental Care for your Adult Orthodontics

With nearly 50 years combined experience in dentistry we were never comfortable seeing otherwise healthy teeth getting cut down or prepared to receive crowns or veneers in the process of a smile makeover. So we simply did not do it. As preventive dentists we searched for good alternatives to these more destructive treatments, initially developing our skills providing resin bonded veneers as a more conservative alternative. The real change came in 2008 when we were delighted to discover the Inman Aligner. Our clinic at was among the first dental practices in Scotland to introduce this revolutionary treatment and carried out many hundreds of treatments over the next few years.

Our skill snow extend well beyond just Inman Aligners as we are also trained in 6 Month Smiles and the Invisalign systems to name but a few. The practice has 3 experienced dentists with the breadth and depth of experience that allows them to give you the best possible advice on how to enhance your smile safely and minimally.

We have probably helped improve the smile of someone with teeth just like yours already. What's more since we photograph all of our treatments we will be very happy to show you lots of examples of our own work carried out at Craigentenny Dental Care to give you a good idea of what to expect.

Why not give us a call to book your free no obligation consultation?

Call 0131 669 2114 today or request an appointment on line at www.craigentenny.co.uk

6 Tips to Boost Your Smile Confidence Without Resorting To The Drill

1. Use a brushing routine for maximum cleanliness
It sounds obvious but stains on teeth tend to build up quite slowly as they are incorporated into the plaque on the teeth. So if you maintain an optimum brushing routine twice daily this will slow stain formation down significantly. If you want to know exactly how to do this visit our main website at www.craigentenny.co.uk
You don't need expensive "whitening toothpaste" to achieve this either any of the major brand names will achieve a great result.
2. Avoid Chlorhexidine based mouthwashes for daily use
many mouthwashes that you buy at the chemist are actually for use when you have a short term problem with the gums. Generally, if these mouthwashes are used for long periods of time they become ineffective against bacteria but actually attract stains on to the teeth faster.
3. Consider resin bonding to alter the position of your teeth
another largely injection free and drill free way to change the appearance of your smile is resin bonding. Unlike crowns or veneers this technique is purely additive and as a result does not carry the same risks of nerves dying as crowns. As it is additive the treatment is also largely reversible.
4. Consider tooth whitening
This is a great way to boost your smile confidence without the drill. Professional whitening is safe and effective. Custom made whitening trays plus an at home system will usually produce a great result with little or no side effects if properly supervised. You will see from our web site that many of our patients who have undergone the 4 Step Inman Aligner Programme have also whitened their teeth afterwards for the best possible result.
5. Take care of the lips
In cosmetic dentistry the teeth are referred to as the stage, so that makes the lips are the stage curtains! Keep them well moisturized and use lip balm with sun block for best results. Be aware that just as you protect your skin from the sun it is essential to protect your lips too. Cracks or sores that appear repeatedly at the corner of your mouth especially in winter are often mistaken for cold sores, usually this is not the case and a trip to your dentist will make sure that you are armed with the right tools to sort this out quickly.
6. Fresh breath is A Must
Not sure if your breath is sweet and fresh? Try the lick test! Lick the back of your wrist, count to 10 and then smell....that is exactly what other people are experiencing. Don't get caught doing this you WILL look strange. If you don't like what you discover lots of free help and advice is available at www.craigentenny.co.uk