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ALIGNER Info Pack



Your Guide to a Straighter Smile



Dr Lora Banicevic

Aligners vs Metal Braces



Aligners

Metal Braces

These revolutionary orthodontic treatments have transformed the lives of countless individuals, helping them achieve the smile they've always dreamed of.

Before the advent of clear aligners like Invisalign and Spark, traditional metal braces were the go-to option for correcting misaligned teeth. While effective, metal braces often came with a host of drawbacks, including discomfort, difficulty in maintaining oral hygiene, and a noticeable appearance. However, with the introduction of clear aligners, individuals can now straighten their teeth discreetly and comfortably and often in less time.

With Invisalign or Spark clear aligners, you can say goodbye to the hassle of metal wires and brackets. These aligners are custom-made to fit snugly over your teeth, gradually shifting them into their desired positions. The best part? They are virtually invisible, allowing you to undergo orthodontic treatment without drawing unnecessary attention.

SPARK™
CLEAR ALIGNER SYSTEM

 **invisalign®**

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DENTAL**
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Why choose aligners?

While there are many reasons to choose aligners over traditional braces, the most popular reason is that aligners are practically invisible. Because the aligners are made of clear plastic material, they are much less noticeable than metal braces. This makes them ideal for people of all ages who are concerned about their appearance during treatment. Another key advantage of aligners is that they can be removed for eating and drinking, which means there are no food restrictions during treatment. With traditional braces, patients must be careful about what they eat to avoid damaging the brackets and wires. Aligners are removable to allow for normal brushing and flossing which means less risk of tooth decay and gum disease.



Aligners are ultimately a great choice because they are affordable, comfortable, and easy to use. And the best part is that they only need to be worn for 22 hours per day – making them perfect for busy people on the go.

About Dr. Lora's journey with aligners



- ***Bachelor of Medical Science from the University of Sydney (2009)***
- ***Bachelor of Dentistry with Honours from the University of Sydney (2012)***
- ***Postgraduate Diploma in Digital Orthodontics (UK) (2021)***
- ***Graduate Diploma of Digital Orthodontic Treatments (AU) (2023)***

Dr Lora studied dentistry at the University of Sydney. She is passionate about providing comprehensive dental care with a focus on aligners. Her practice is centered on a treatment philosophy of preventative care and she encourages a holistic approach towards dental health. Dr. Lora collaborates closely with other dental and medical specialists to ensure patients receive the best and most appropriate treatment to maintain and restore health. Her special interest lies in cosmetic dentistry, including teeth whitening, veneers, and the use of clear aligners for orthodontic treatment. Dr. Lora's focused expertise in aligners allows her to offer advanced orthodontic solutions to her patients of all ages.

Treatment Process

Scheduling the Initial Consultation

1



- Contact our reception to schedule your initial consultation with one of our dentists for aligner treatment.
- During this appointment, we will assess your dental condition and determine if aligners are suitable for you. Photos and scans of your teeth will be taken for treatment planning. A second visit may be booked to review the plan before going ahead.
- The appointment will also include a discussion about the payment options

Choosing a Payment Option

2



- The first option is an in-house payment plan, which requires a 50% deposit.
 - The remaining 50% will be split over the number of aligners needed for your treatment, and you will pay at each appointment based on the number of aligners provided that day.
- The second option is a 3rd party payment plan with the National Dental Plan (NDP) through Humm.
 - This option requires a 20% deposit, and the balance will be paid off in fortnightly repayments over 12, 18, or 24 months, regardless of the treatment duration.
 - NDP has a \$70 establishment fee and \$8 Monthly fee.

****Interest free****

****Ts&Cs apply****

Regular Appointments with your Dentist

3



- Most patients will require a review every four to six weeks to check your progress and issue further aligners.
- It is important to wear the aligners for the prescribed 22 hours per day to ensure treatment progresses as planned.
- If aligners are not worn as recommended, the wear time may be increased to 10 or 14 days instead of 7 days. In such cases, appointments will be scheduled accordingly to accommodate the longer wear time.
- If issues with treatment progress are noted, new scans and photos may be taken to start a new phase of treatment.

Aligner Change Concerns

4



- It is crucial not to change aligners if there are any concerns with the fit.
- If you experience any issues or have questions about your aligners, contact our clinic before proceeding with the next set.
- Our team will provide guidance and address any concerns to ensure the treatment progresses smoothly.

Completion of Treatment

5



- Is important to note that each individual's treatment plan may vary based on their specific needs and progress. Your dentist will assess your progress and determine if any additional steps, such as refinements are necessary to achieve the desired results.
- It is always recommended to follow the guidance of your dentist to ensure a successful and satisfactory completion of your aligner treatment.
- Once treatment is complete, a retention plan will be discussed and commenced.

Don't wait any longer to achieve the **Smile You've Always Wanted.**

You can expect:

1.Comfortable Treatment: Clear aligners are made from smooth, BPA-free plastic, ensuring a comfortable fit throughout your treatment journey.

2.Convenience: Clear aligners are removable, making it easy to eat, drink, brush, and floss. You can continue enjoying your favourite food and drinks without any restrictions.

3.Effective Results: Clear aligners have been proven to effectively correct a wide range of orthodontic issues, including crowded teeth, gaps, and bite misalignments.

4.Shorter Treatment Time: In many cases, clear aligner treatment can be completed in a shorter time compared to traditional braces, depending on your specific needs.

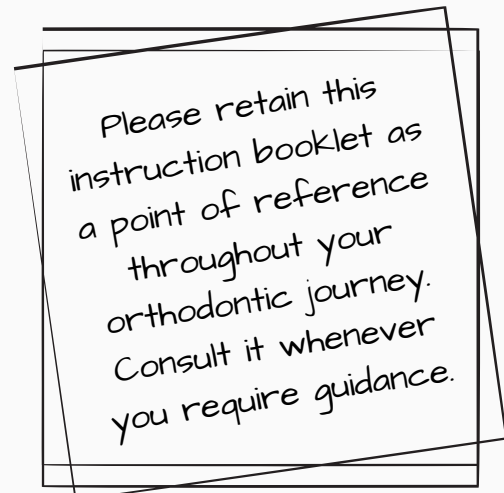
5.Personalised Care: Our experienced dentists will create a customized treatment plan tailored to your unique dental needs, ensuring the best possible results.



Truth About the treatment

Orthodontic issues may look worse before they look better

This is normal - your smile will be perfect in the end!



Please scan to open the video
"Introduction to Aligners" on
YouTube.

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How does clear aligner treatment work?

Clear aligner treatment consists of a series of clear plastic trays that fit tightly over your teeth, gently moving them into their predetermined positions based on a personalised plan created by your dentist. Each set of aligners is worn for one week for a minimum of 22 hours every day before being replaced with a fresh set. You should remove the aligners for brushing and flossing, and during mealtimes.



Requirements for clear aligner treatment

Good Oral Health: To undergo clear aligner treatment, it is essential to have healthy teeth and gums. Active gum disease or tooth decay must be managed and well controlled before considering any type of orthodontic treatment. Immaculate oral hygiene is also essential during orthodontic treatment to ensure treatment progresses as planned. Failure to brush and floss thoroughly every day may result in decalcifications (white spots on the teeth), decay, or gum disease. Regular cleaning and check-ups at six-month intervals, or more frequently if needed, will still be necessary to maintain the teeth in good health.

Attachments: Aligners occasionally need assistance for maintaining their grip on a tooth and their ability to achieve the required tooth movement. This is done using attachments. Attachments are small tooth-coloured bumps created with white filling material (composite) that are bonded onto the teeth for the duration of treatment.

A small bubble in the aligner corresponds exactly to the attachment on the tooth. They are visible but only when looking very closely. You may choose not to have attachments placed but must understand that the final result may therefore be compromised.

An attachment came off: Not to worry! Sometimes the attachments can come off from the tooth. THIS IS NOT AN EMERGENCY! If this happens:

- Try to see which tooth the attachment has come off from (its okay if you're not sure).
- We will contact you if the attachment is required to be bonded again. Sometimes we may leave it off.
- Continue wearing and changing your aligners as per your treatment plan unless given specific instruction from your dentist.

IPR (Interproximal Reduction): Interproximal reduction (IPR) is a process where the teeth may be very slightly filed down to create extra space or change their shape slightly to close backspace at the gum line. The amount of reduction may be up to as much as a quarter of a millimeter per tooth surface. This is generally hardly noticeable. The filing is performed using a thin metal strip or saw with diamond particles embedded into the side. Similar strips are regularly used by dentists to smooth fillings. There is no increased risk of decay from this procedures.

Elastics. are small rubber bands that create a continuous force causing the upper and lower jaws to align together properly.

They run from the top to the bottom aligners using hooks on the aligner or buttons on the teeth.

When should you wear them? Unless advised otherwise, you need to wear your elastics 20-22 hours a day, 7 days a week. You may remove the elastics only when eating or brushing but they must be replaced immediately afterwards with a new set. Remember, elastics work BEST when they are worn full-time. Sometimes, part-time wear is recommended or just at night.

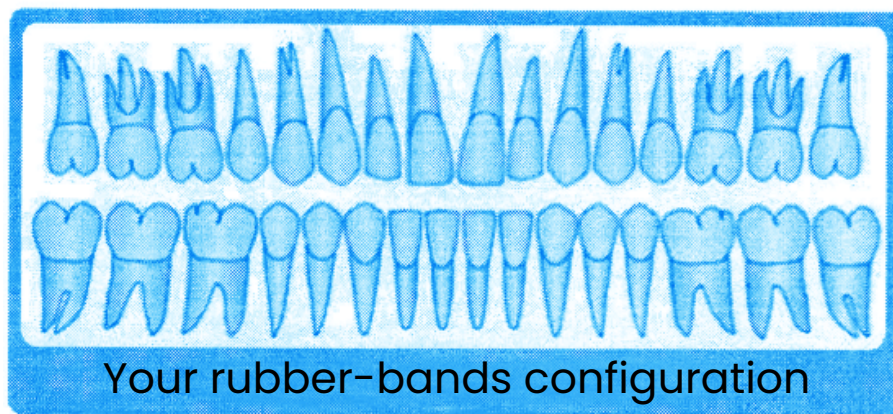
How do you wear the elastics? The correct technique will be demonstrated to you. If you forget how to wear them, please call the clinic so we can review the technique again.

When do you change your elastics? You should replace your elastics with new ones at least 2-3 times a day if wearing full-time. After a while, they lose their strength. Always carry extra elastics on you in case they break or get lost.

If you run out of elastics or lose them, please stop by the clinic to pick up more or email us and we may be able to post them to you.

Your teeth may feel sore for a couple of days while adjusting to the elastics. The soreness will go away with continuous wear. Giving your teeth "a break" from elastics will only make them feel sore the next time you put them on and set you back in treatment.

The rubber bands are a very important part of your treatment. Missed time with elastics, even only a couple of days, will extend treatment time.



TADs (mini-screws): TADs are mini-screws or mini-implants temporarily placed into the bone of the jaws to be used as an anchor to help stabilise, or for movement of a tooth or group of teeth. You can think of them as braces for your gums. TADs are intended to be temporary (usually a few months) and will need to be removed at a later date. They are inserted with the aid of local anaesthetic into the palate, behind the last tooth and/or into the space between upper and lower teeth.

Wearing Aligners

Commitment to wearing aligners is crucial for achieving successful tooth movement. The process of aligning teeth requires applying a gentle and continuous force. To ensure the best results, it is recommended to wear the aligners full time, which means a minimum of 22 hours per day.

By wearing the aligners consistently, you allow the teeth to gradually shift into their desired positions. Removing the aligners only during mealtimes and for cleaning purposes, such as brushing and flossing, helps maintain the necessary force and ensures proper hygiene.

Consistency is key when it comes to wearing aligners. Any deviation from the recommended wear time may prolong the treatment duration or compromise the effectiveness of the aligners. Therefore, it is important to adhere to the prescribed wear schedule to achieve the desired outcome efficiently.

SPARK Starter Pack

1. Storage/Safety Cases
2. Denture Brush
3. Chewies Aligner
4. Retriever (Outie Tool)
5. Wax for Orthodontics and Braces
6. Emery Board
7. Cleaning Tablets
8. Elastic placement/ Remover Tool
9. Lip Balm
10. Pen



Received at First Appointment

What to Expect During the Treatment

Speech

Whilst getting used to your new aligners, it is not uncommon for your speech to be slightly affected. Many patients describe a slight “lisp”, which is resolved within the first few days as your tongue becomes used to the change. Reading out loud and talking as much as possible during these first few days can help.

Sore teeth and gums

This is a very normal part of any orthodontic treatment, and you should expect some soreness or pressure the first couple of days after changing to a new set – this just means your teeth are moving! This feeling should settle after a few days, your mouth and lips just need a little time to get used to something new being in your mouth. If you feel your aligners or attachments scratching on your gums and/or ulcers forming, feel free to use the emery board and or wax provided in your starter pack.

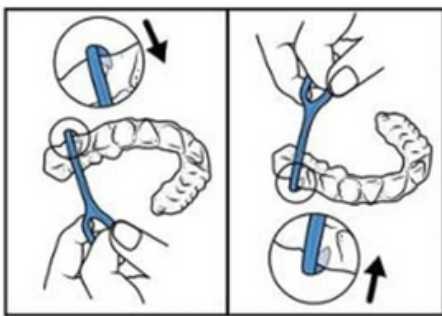
Aligner insertion

Gently push each aligner over your front teeth to insert, and then using your fingertips, apply pressure to your back teeth to “snap” your aligners into place. Once they are seated fully, use “Chewies” (provided in your starter pack) to ensure your aligners are sitting all the way down on your teeth. Pop these in between your teeth and bite onto them. Chewies should be used for a few seconds each time the aligners are put back in and for 5 minutes every day preferably just before bed. DO NOT bite aligners into position as this can damage them. You will get used to this step very quickly!

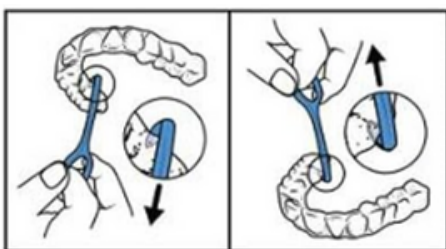
Aligner removal

Starting at your back teeth, use the aligner removal tool provided in your starter pack to take your aligners out. DO NOT bend or twist your aligners to remove as they may snap. Removing the aligners may seem difficult at first but it becomes very easy with practice. Once removed, rinse your aligners with water and immediately place them in one of the cases provided in the starter pack. DO NOT place them in a tissue as we have had too many patients accidentally throw these away!

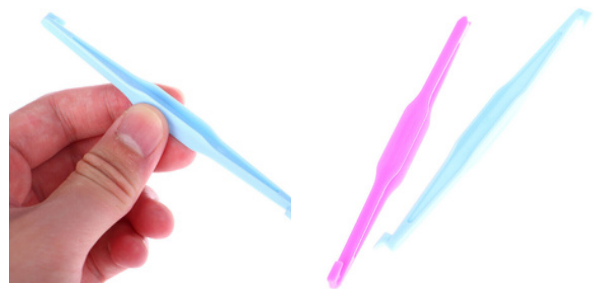
INSTRUCTION FOR USE



To remove your upper aligner, firmly grip the loop end with your fingers. Place the hook end between your tooth and aligner (tongue side or cheek side) on your very last molar. Gently pull downward with mild force to dislodge the aligner. Once your aligner is released, use your fingers to peel the rest of the aligner off your teeth. You can also use the other end of the Pul tool (reverse mode) to push up.



Repeat these steps for the lower aligner



"Outie" tool



"Pul tool"

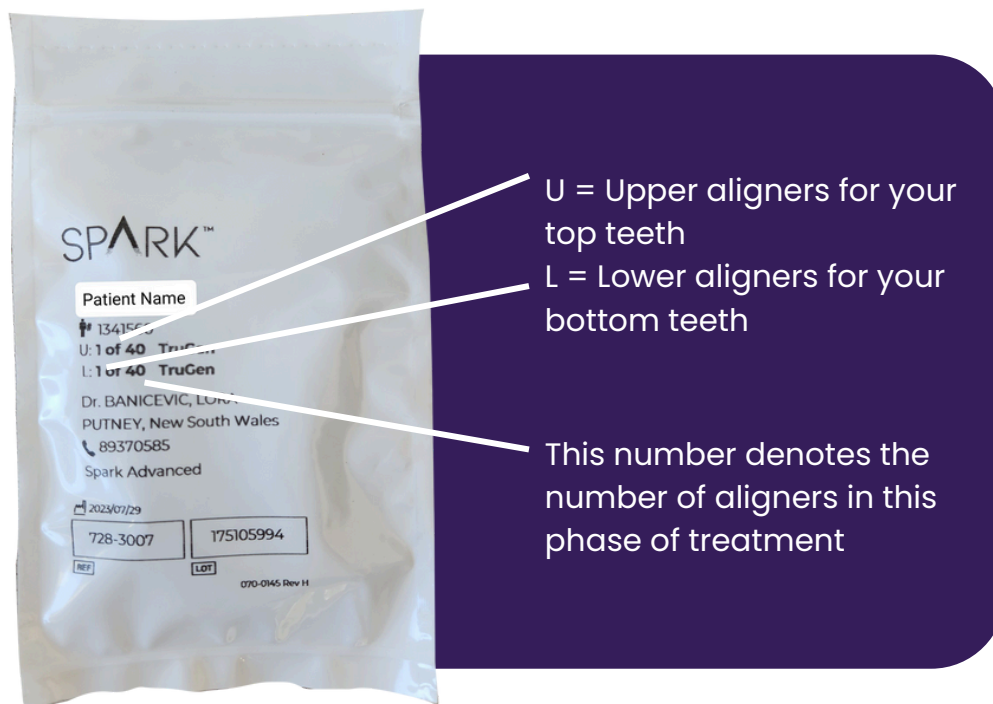
ALWAYS REMEMBER

Wash your hands thoroughly with soap and water before handling your aligners.

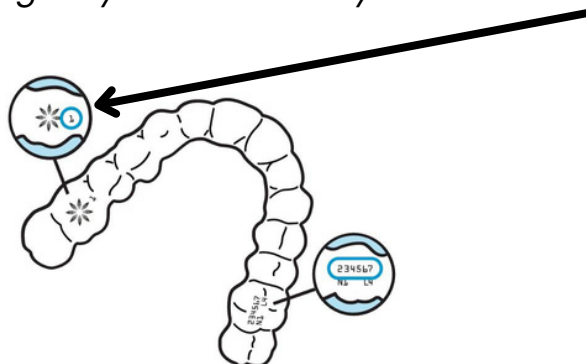
Rinse your aligners after you've taken them out of the packaging and your mouth. If possible brush your aligners with hand soap or dish soap, NOT toothpaste.

Aligner sequence

The aligners go in sequential order. Each aligner packet has your personal information printed on it. Your first packet will read: U:1 of XX, L:1 of XX and so on. The number of the aligner will also be printed on the aligner itself.



The number of the aligner you are currently on. The "active" aligner.



Once you know which number of aligner to wear, take a quick look to see which are the top aligners and which are the bottom. After doing this a few times, you'll get very quick at it and won't have to think about it too much – it becomes second nature.

Losing or breaking a set

It is extremely important to always keep your aligners in a safe place (ALWAYS in a case if they're not in your mouth), although we do understand that sometimes losing a set can happen. In most circumstances, if you have already worn that set for a few days before they were lost, we will advise you to move on to the next set which is to be worn for longer to cover the days the lost aligner would have been worn for.



Please note, that if you've lost only one pair of aligners (i.e., top OR bottom), it is important to still change to the next set for BOTH arches. In the case that a set is lost early in the week or you lose more than one set, please contact us as we will have order a replacement set. **(a fee may be incurred here depending on the package).**

Unfortunately, even though aligners are made from a strong plastic, they can only withstand a certain amount of force before snapping. If this does occur, try to continue wearing the aligners as normal – we strongly advise against trying to fix them yourself. However, if they are too uncomfortable or are beyond the point of wear, please contact the clinic ASAP.

You will be asked to go back to the previous aligner and wear that until the replacement comes so its important to always keep the previous set in a safe place just in case.



Maintenance of Clear Aligners

- Maintaining good oral hygiene is crucial, especially during orthodontic treatment. Brush your teeth twice a day and floss every evening to remove plaque and food particles. While wearing aligners, your teeth don't receive the natural cleansing action of saliva, making regular and effective brushing and flossing even more important. Neglecting oral hygiene can lead to plaque buildup and potential dental issues. Take care of your teeth and aligners for a healthy and beautiful smile.
- Maintaining your aligners is easy and won't disrupt your bedtime routine. After brushing your teeth, gently brush your aligners with a soft-bristled toothbrush and water with mild hand soap or dish soap NOT toothpaste. For extra sparkle, soak them in a cleaning solution or dish soap while you shower or brush your teeth. After about 10 minutes, give them a rinse, and they'll be fresh and clear. Soaking can also help remove any cloudiness. With these simple steps, your aligners will stay in great shape, ensuring effective treatment and a confident smile.
- When it comes to eating, there's no need to make drastic changes with aligners. You can still enjoy your regular diet without restrictions. Simply remember to remove your aligners before eating to avoid any damage or staining. Store them in the provided case to keep them safe. The same applies to drinking – remove your aligners if you're having anything other than water. After eating, brush and floss your teeth, rinse your aligners with cold water, and put them back in.
- We strongly advise against smoking while wearing aligners. Smoking can cause severe discolouration and yellow staining on your aligners, diminishing their appearance. If you choose to smoke, it is essential to remove your aligners and store them in their case. After smoking, rinse your mouth or, ideally, brush your teeth to remove any stains before reinserting your aligners.

Duration of Treatment

An estimate of expected treatment time will be given at your consultation/planning appointment, but the total treatment time may extend beyond the original estimate. Lack of facial growth, poor compliance with wearing aligners, broken appliances, and missed appointments are all factors that can lengthen the time of treatment. Occasionally, treatment objectives may have to be compromised. It may also become necessary to stop orthodontic treatment short of the desired result. (but this is extremely rare).

I'M GOING AWAY...WHAT DO I DO? – If you're planning to be away from home for an extended period and you're concerned about having enough aligners, simply inform your dentist. They will provide guidance on which aligners to wear and for how long to ensure your treatment stays on track. In some cases, you may be given multiple aligners to take with you and change into during your time away. For instance, if you'll be away for 8 weeks, your dentist may provide you with aligners for the full 8 weeks or instruct you to wear each aligner for 2 weeks instead of the usual 1 week if only wearing them overnight. Your dentist will work with you to determine the best approach for your specific situation.

Maintaining Teeth Position After Treatment

Teeth move naturally with increasing age, just as hairlines recede and body parts sag. Teeth tend to move back to their original position after active orthodontic treatment. Full cooperation in wearing retainers is necessary to prevent this from happening. When retainer use is stopped, some relapse is possible. Therefore, we recommend long-term retention exactly as prescribed – RETENTION IS FOR LIFE! Your dentist will discuss the right type of retainer and retention protocol for you.

SUMMARY

During your aligner treatment, there are certain things you should do and others you should avoid to ensure the best results. Here's a summary of the key points:

To Do:

1. Maintain good oral hygiene by brushing your teeth thoroughly and flossing daily.
2. Clean your aligners regularly by rinsing them with lukewarm water or brushing with soap.
3. Handle your aligners with care, using gentle pressure when removing or inserting them.
4. Follow your dentist's instructions regarding wearing and changing aligners, especially if you'll be away for an extended period.
5. Avoid eating or drinking with your aligners in, except for cool water.
6. Minimise consumption of staining substances like coffee, tea, and red wine to prevent discolouration.
7. Do not use hot water or abrasive cleaners on your aligners, as they can damage the material.
8. Refrain from smoking while wearing aligners, as it can cause significant staining.

Before and After the Treatment



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Embrace the artistry of a perfect smile.
Our dental services cater to individuals of
all ages, with a passion for cosmetic
treatments, especially clear aligners.
Discover the beauty of a confident smile
with us.



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