



“Your Complete Guide to *Straighter Teeth*”

A special report by
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--Orthodontics--

The steps to a beautiful new smile with 3 amazing systems that we use here at Portobello Dental Clinic, the **Inman Aligner**, **6-Month-Smile** and **Clear Aligners** systems



Step 1: Visit Your Dentist

An extensive oral health assessment is carried out by your dentist to ensure that you are dental ready for Orthodontic treatment. We need to make sure all teeth are disease free and the gums healthy. This will provide optimum conditions for the best result.

For this first step you will need to make an appointment with a Dentist who is certified to do these procedures for you. You can find a list on these dentists on the **Inman aligner** and/or **6 month smiles** websites (more about those treatments later):

www.inmanaligner.com and www.6monthsmiles.com

During the initial visit, your dentist will help you decide on the most appropriate appliance for your needs. At this or at a subsequent visit he/she will take bite impressions of your teeth and send them, along with a set of precise instructions, to the relevant lab for processing.

Step 2: How is your aligner/orthodontic appliance made.

Each system uses advanced 3-D computer imaging technology to transform your bite impressions into a custom-made appliance in the case of the Inman aligner or even a series of clear and removable aligners for this. With the fixed orthodontics (for e.g. 6 month smiles) the bracket positions and relevant nickel titanium wires are chosen on an individual basis, and secured to your mouth models, ready to be fitted to your teeth.

Step 3: Fitting the Aligner or fitting the tooth coloured orthodontic brackets

During your next visit to your dentist, usually 3 weeks after the impressions have been taken, you will be scheduled in to have your aligner fitted, or the tooth coloured brackets cemented on to your teeth.



Girl wearing 6 Month Smiles

Tooth slenderisation is normally done at this visit—this is where a minimal amount of trimming between the teeth is done to facilitate the movement of the teeth—i.e. to allow them to slide gently and evenly around each other.

You'll wear the Aligner for 20 hours each day, and the fixed brackets (e.g. 6 month smiles) 24 hours per day.

Cleaning and eating is done with the brackets in place as they are fixed, whereas the Aligners can be

removed for eating and cleaning.

Total treatment time averages 3–4 months for the Inman Aligner, and 6–9 months for the fixed orthodontic braces, as these are used in more complex situations, but these of course will vary from patient to patient. You'll visit your dentist about every 4 weeks to ensure that your treatment is progressing as planned.



A patient after 6month smiles treatment

Step 5. You've finished the Treatment

Congratulations! When you're finished wearing either the Aligner(s) or the fixed appliances, your treatment will be complete and you will have the beautiful smile you've always wanted. We use permanent retention for every orthodontic case—this may be in the form of a clear aligner worn at night, or a discreet wire bonded to the inside of your teeth.



A patient after Inman Aligners

Questions that you should ask before having any Orthodontic treatment.

Specific training is needed at a post-graduate level in order to provide these orthodontic options to your patients. All orthodontists and dentists interested in treating patients with either the Aligner or 6 month smiles systems **must attend training courses** before the laboratories will be accept their treatment cases.

So here are a few **questions to ask your dentists** before having Orthodontic treatment with them.

1. Are you certified?
2. How long have you been using these systems?
3. How many cases have you treated?
4. Can I see examples of your work?
5. How often will you review my progress? – We normally recommend a minimum of every 4 weeks

How much will treatment cost?

We know price is an important consideration for you. There is no way to accurately answer this question without first coming in for a consultation.

At that initial meeting the dentist will examine you and take x-rays etc.

From this he will be able to give you an accurate figure of cost. In our practice the average investment is in the region of €3000 for fixed orthodontic braces, and €2000 for Aligners – this will include your examination, all necessary impressions, records, radiographs, all aligners, any refinements needed and retainers, as well as tooth whitening after your orthodontic treatment .

If you think now about how much of a difference it will make to your life and how long the treatment will last (the rest of your life with proper care) the value of this treatment is extremely high... how many other things could you buy for this same amount that are on display 24/7, used all day and last a life time?

There are many factors that determine the cost of your Orthodontic treatment which include but are not limited to how extensive the issues you want corrected, how long your

treatment plan will last, and any other specific treatment details as prescribed by your dentist or orthodontist.

How will I be expected to pay for this?

At Portobello Dental Clinic, we allow payment to be made by instalments as you progress through your course of treatment.

Will it hurt?

As a general rule—No.

The way Orthodontic treatment with Inman aligners and 6 month smiles works is to introduce constant but steady pressure on your teeth. This results in you feeling gentle and light pressures on the teeth. You may experience some discomfort for the first few weeks as you get used to the necessary pressure exerted by the appliances, but this would not generally be described as being like dental pain.

Do they need needles?

Absolutely not. No drilling or injections are required for this procedure. This is one of the most conservative pain free procedures you could ever undertake at the dentist.

How soon will I start to see results?

Almost immediately—within the first 4 weeks some tooth movement is very visible and reassuring for you that you have made the correct decision in having orthodontic treatment with us.

When can I start?

Call us on 01 4542022 or enquire online through our excellent web-site www.portobellodental.com, you can also book in a New patient exam directly via our website to start the process.

We look forward to meeting you and helping you achieve the smile you have always dreamed of and deserve to have.

Dr Helen Walsh and Dr Nick Beirne & the team here in Portobello Dental Clinic