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## Initial Assessment

- Discussion of issues you have with your smile through your 1st assessment to see if Invisalign is the best treatment for you.
- Complete impressions of teeth, x-rays and photos
- Creation of treatment plan with your dedicated patient coordinator
- Dr Smeyatsky will take scans of your teeth and sends those off to the Invisalign lab where your aligners will be fabricated
- A comprehensive examination will need to be scheduled to ensure that your teeth and gums are healthy before proceeding with Invisalign

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## Clincheck

- The outcome simulation of your accurately predicted teeth movement and final smile design using ClinCheck software
- You see your predicted result before you start your treatment, during and after
- Allows you to see what your smile should look like
- Invisalign guarantees the predicted outcome and straightening of your teeth
- No other clear aligner brand can offer this claim with such accuracy

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## Bespoke Aligners

- Custom-made aligners are fabricated for you by the Invisalign lab
- Each set of aligners typically need to be worn for one week and then you'll switch to the next set
- Our accelerated Invisalign program will reduce the time-worn for each aligner by nearly 50% as opposed to other clear aligner brands

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## Finish Treatment

- While each patient's teeth are different the typical course of treatment includes between 14 and 36 sets of aligners
- This takes approximately 4 to 11 months, however, it does depend on factors such as your individual case and your compliance



Custom Made Beautiful Aligners



***TAKE BACK YOUR  
CONFIDENCE.***



**invis is  
proven to  
work.**



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Invisalign aligners are nearly invisible so it's practically impossible for others to notice them



The wires and brackets of traditional braces are fully visible throughout the mouth



Most patients may feel pressure in the early stage when starting with the first few Invisalign aligners



Most patients may feel pain each time braces are adjusted. The metal brackets may also irritate the mouth and cause ulcers



Invisalign aligners are removable. You can remove them before eating/drinking and easily brush and floss to maintain good oral hygiene



Braces are fixed and not removable during the teeth straightening treatment. This makes it more difficult to eat certain types of food and it can be difficult to clean and floss your teeth with the braces in



Invisalign treatment allows you to visualise each stage of the treatment process, from the beginning to the end, giving you a clearer picture of the treatment duration



Traditional braces can only give you an estimate of the duration of treatment at the beginning of the treatment process



During your Invisalign treatment, it is important that you still maintain your 6 monthly check-ups with your dentist to ensure your gums stay healthy. After you have finished your Invisalign treatment, you will need to use retainers to ensure the new position of your teeth is maintained.



**invis** is  
your customized  
treatment plan.







## Virtually Invisible

Don't worry, Invisalign is subtle and barely noticeable- you may be able to feel them, but it's unlikely anyone else will notice.



## Removable

Invisible aligners are easy to remove for lunch breaks, your early morning coffee and special occasions.



## Easily Cleaned

It's easy to brush and floss your teeth once you've removed your aligners, and keeping the aligners clean is simple too.



## Simple Procedures

Appointments are spread out between 2-4 weeks in most cases and are simply to receive your next set of aligners. No lengthy sessions in the dentist chair!



## Comfortable

Invisalign treatment is a great option for those who enjoy an active lifestyle as there are no sharp brackets cutting your mouth.



optiSmile

**invis is  
less painful  
than braces  
in the first  
week of  
treatment.\***

\*In a study by Miller et al, with adults measuring pain in the first week of treatment. Kevin Miller et al. "A comparison of treatment impacts between Invisalign aligner and fixed appliance therapy during the first week of treatment." American Journal of Orthodontics and Dentofacial Orthopedics. Volume 131, Issue 3, pp. 302. e1-302.e9, March 2007.



**invisalign**®  
**PROVIDER**





## Will the Invisalign treatment be painful?

The force that Invisalign applies to your teeth is gentler and more consistent. But there may be times that there will be some discomfort, although this will not be as common as when you have braces adjusted.

## Can I get my medical aid to cover my Invisalign treatments?

Most medical aid plans cover some Orthodontic treatment (Invisalign/Braces) depending on the company and your level of cover. It would be best to contact your private medical aid fund and see if you can claim your upcoming Orthodontic treatment with your current policy.

## I already have braces. Can I switch over to Invisalign?

Very possible. It's best to visit your local dentist to ask and assess. If you'd like to make the switch and explore what's possible, you can call us at OptiSmile in Sea Point and set an initial consultation appointment with one of our experienced Invisalign dentists.

## Since having braces, my teeth have shifted back. Can Invisalign fix this for me?

Yes. If you've experienced failed Orthodontic treatment in the past, you can always explore other Orthodontic or Cosmetic treatments to get the results you've wanted with one of our talented Cosmetic Dentists.

## Do I have any food restrictions when going through the Invisalign treatment?

You will have no food restrictions when going through the treatment. There are no worries of food getting stuck in the wires or hard bites taking off brackets, unlike braces. Invisalign allows you to enjoy any of the food you would typically eat without treatment.

## How long do I have to keep my Invisalign aligners on to get the maximum result?

Invisalign aligners need to be on for at least 20 to 22 hours per day to get the maximum result you want. So it's best to keep them on for the majority of the day and while you sleep.



### Will Invisalign affect my speech?

Generally not. As your tongue gets used to having Invisalign aligners, you might carry a short lisp. But this will go away with a short amount of time to adjust.

### Will I need to wear retainers after Invisalign treatment?

Just like any teeth straightening or orthodontic treatment, you will use retainers right after treatment. We recommend using Vivera retainers. These are virtually invisible and made from a proprietary material 30% stronger than other leading clear retainer materials.

### How often will I have to change my Invisalign aligners?

The total number of aligners will vary depending on the complexity of your malocclusion and the doctor's treatment plan. The aligners will be individually numbered and will be dispensed to you by your doctor with specific instructions for use. You will switch to the next aligner in the series approximately every week or as directed by your doctor.

### What are the main differences between Invisalign and braces?

Invisalign aligners offer an aesthetic alternative to conventional braces, as they are nearly invisible so many people won't realise you are in treatment. Treatment plans can be visualised through the ClinCheck software, even before you start your Invisalign treatment! Aligners allow for normal brushing and flossing tasks that are generally impaired by conventional braces, potentially improving oral hygiene habits during treatment.





The Future of Straight Teeth



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smiling like  
you mean it.



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