

THE TOOTH...AND NOTHING BUT THE TOOTH

~ Invisalign Orthodontics ~

There have been tremendous advances in Orthodontics over the years. Remember growing up with what seemed like a mouth full of hardware. Having full metal bands on every tooth, those frequent trips back and forth for adjustments and tightening bring back such fond memories.

"With Orthodontics today we have so many options available for both children, teens and adults that make Orthodontic treatment much easier for our patients", states Dr. Jay Knight. One of the best advances has been with Invisalign "The clear brace alternative". Invisalign was originally designed and marketed to adults who did not want to have the traditional type of Orthodontics using bands, brackets and wires. Invisalign uses a series of clear retainers instead of brackets to correct needs such as over bites, rotated, crooked, mal-positioned or misaligned teeth.

"Invisalign allows us to correct a wide range of Orthodontic conditions", states Dr. Knight. There are so many advantages with Invisalign. Invisalign uses clear retainers that fit comfortably over the patients existing teeth. Each retainer is worn for 2 weeks. At the end of the 2 week period the patient moves to the next set of retainers in the sequence. "It really is an amazing process to see how comfortable the patients are with their retainers and how excited they are to see their teeth move", says Dr. Knight. Dr. Knight's and Dr. Sapon's patients wear the retainers 24 hours a day 7 days a week. The retainers are removed during meals and whenever the patients drink anything other than water.

One of the many advantages of choosing Invisalign is that the retainers can be removed to brush and floss the teeth. Often times with traditional Orthodontics it is difficult for patients to keep their teeth clean. Food gets trapped in the brackets and wires making it very challenging for patients to keep things healthy. With Invisalign it is very convenient for patients to be able to brush and floss their

teeth. They simply remove the retainers and are able to brush and floss normally.

"This is extremely important with teenagers" states Dr. Sapon. "Let's face it today's teenagers are busier than ever. Often times taking care of their teeth is low on their priority list. If someone developed an app for brushing that would be huge". Many times with traditional Orthodontics if patients are not diligent with their home care they can develop white spots on their teeth. These are areas of decalcification that can occur if patients are not actively taking the time to remove plaque that develops on the teeth. "The last thing a parent wants to see after their child finishes traditional Orthodontic treatment is straight teeth but areas where the white spots are visible", says Sapon. "It's not a happy situation for anybody, the parent, the teenager or the Dentist".

Invisalign is recommended for teenagers and adults alike and can correct conditions from minor rotation and crowding to comprehensive tooth movement. Both practices offer **Invisalign Express Five** and **Express Ten**, **Invisalign Teen** and comprehensive Orthodontics for adults. "We have many patients in both practices that may have had Orthodontic treatment growing up but have had some minor shifting or relapse of their teeth" says Knight. "Many of us may not have been very diligent in wearing those wonderful retainers when we completed Orthodontics back in the day". Often times the result is a relapse of the work that was completed when we were teenagers. An excellent treatment option for minor tooth movement is the Express Options. Retainers are generally worn for either 10 or 20 weeks hence **Express 5** or **Express 10**. "Not a week goes by that we don't have one of our new patients say to us I didn't wear my retainers and my teeth are crooked", states Dr. Knight. With Invisalign Knight and Sapon are able to correct those problems for their patients restoring their smile and confidence.



The Clear Alternative to Braces



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