

# INVISALIGN

## *How does Invisalign work?*

Invisalign is a modern approach to straighten teeth by using a custom-made series of aligners for your teeth. These aligner trays are made of smooth, comfortable and virtually invisible plastic that you simply wear over your teeth. Wearing the aligners will gradually and gently shift your teeth into place, based on the exact movements your dentist or orthodontist plans out for you.



## *What is the treatment process?*

1. During the consultation, you and Dr. Shahinian will discuss your case in detail to determine if you're a good candidate for Invisalign. Invisalign now addresses many cases, from simple to more complex.
2. Dr. Shahinian will take x-rays, pictures and impressions of your teeth, which Invisalign will use to create a digital 3-D image of them. From these images the doctor will map out a precise treatment plan, including the exact movements of your teeth. Using this same technology, your doctor will even be able to show you a virtual representation of how your teeth will move with each stage of treatment.
3. Based on your individual treatment plan, a series of custom-made, clear aligners are then created specifically for you. These aligners are made of a smooth, comfortable BPA-free plastic that won't irritate your cheeks and gums like traditional metal braces often do. Simply wear them throughout the day, and remove them when you eat or to brush and floss your teeth. As you wear each set of aligners, your teeth gently and gradually begin to shift into place. And because they're virtually invisible, most people won't even notice you're wearing them.
4. Approximately every two weeks, you will begin wearing a new set of aligners, advancing you to the next stage of your treatment. To monitor your progress, you will also have occasional checkups with Dr. Shahinian, usually only every six weeks or so.
5. While every case is unique to each patient, treatment typically takes approximately a year for adults. For teens, the length of treatment is comparable to that of braces, but since your teeth won't be covered by wires and brackets, you'll be able to see improvement much sooner. For best results and a timely outcome, you should wear your aligners for 20 to 22 hours per day, throughout your entire treatment.