

# Your new smile with Clear Aligners



**There is now a convenient way of aligning teeth to achieve a better smile without the need for metal braces or veneers - invisible teeth straightening with Clear Aligners.**

Our Clear Aligners are powered by 32Co, and will enable you to achieve the beautiful smile you have always wanted. Near-invisible, our aligners allow you to go about your daily business without anyone knowing you are having your teeth straightened. You can talk and smile, exercise, swim and sleep as normal.

Following an initial assessment, your dentist will plan your teeth straightening treatment in collaboration with an expert orthodontist from the 32Co team. This will help you receive the best possible smile outcome in the shortest possible time.

The Clear Aligner is a thin mouth guard that fits over the teeth. Using gentle pressure on the teeth, it gradually moves your teeth into the desired position, combining advanced technology with the expert planning and knowledge of your dental team. Each Clear Aligner is worn 22 hrs a day for 7 - 14 days.

A series of these aligners are custom-made to achieve the desired alignment over time. Tooth whitening can also be performed, so you can achieve a beautiful, bright smile to complement your newly aligned teeth.

At the end of your treatment, you will need to wear clear retainers every night, as this keeps your teeth in the desired position. Failure to wear these will result in relapse.

## Placing you in control

It's your treatment - so you will get access to a personal web page where you can view a video simulation of your projected tooth movements. You can share this with friends and family and help them become a part of your smile journey.

You'll also have access to remote treatment check-ins. You'll be able to send photos and 'check-in' with your dentist throughout the treatment. This can result in fewer in-person visits to the practice (if your dentist feels this is appropriate). With 32Co, you'll have access to world class orthodontics, with you in control every step of the way.

## How long will the treatment take?

Your case will be classified according to complexity and can take between 4-18 months. The price is determined by what degree of movement your dentist and orthodontist feel is required.



# Start your Journey Today



## Can I be treated?

Most cases can be treated using Clear Aligners. However, some severe cases may require an external referral to a specialist orthodontist. Your dentist will advise you accordingly following a preliminary assessment.

## Step 1: The smile assessment

Your dentist will need to carry out a full dental health check and assessment prior to treatment - they need this to ensure you have a healthy mouth, to categorise your case and to create the personalised, expert-led treatment plan.

During the assessment appointment, the dentist will take a series of photos, a 3D scan and may take up-to date X-rays.\*

\*Any remedial treatment required will be discussed and quoted separately.

## Step 2: The expert-led treatment plan

Your dentist will need to carry out a full dental health check and assessment prior to treatment - they need this to ensure you have a healthy mouth, to categorise your case and to create the personalised, expert-led treatment plan.

At this point, you can decide whether or not you wish to proceed with the treatment. although 99% of clients go ahead when they see their teeth straightening in front of their eyes!

If you decide to go ahead, you'll sign a consent form and discuss payment terms before your custom-made Clear Aligners are ordered.

## Step 3: Treatment phase

You will attend your fitting appointment, where your dentist may polish in-between the teeth that need to move, giving them the space to realign.

Or they may create small tooth-coloured attachments that act as grips on your teeth. Your dentist will also help show you how to fit your Clear Aligners and you should wear each set as directed by them, usually for 7-10 days.

At subsequent appointments, the teeth may be polished again to allow for further movement, and your dentist will also review how treatment is progressing, approximately every 4 to 8 weeks.

Often, towards the end of treatment, your dental team may need to make final tweaks to achieve the best possible result. This will involve a new scan and possibly additional sets of aligners.

## After your treatment

At the end of the treatment, you will receive some retainers which MUST be worn regularly, as prescribed by your dentist.

At this stage you may want to discuss whitening, contouring and bonding as a way to perfect your new smile. Any extra costs will also be discussed.



"Clear aligners completely changed my life. Before treatment I was too embarrassed to smile in photos, now everyone comments on how great my teeth look. I just wish I'd done it earlier!"

Arby K, London