

## Options for improving aesthetics and straightening teeth.

### 1- Nil- Hygienist only

A way of removing all superficial stains from teeth to make the teeth as white as they naturally can be. Air polishing is an effective way of achieving this. The procedure utilises a fine jet of compressed air, water and fine powder particles to gently and completely remove staining caused by tea, coffee, red wine and tobacco.



### 2- Hygienist & Whitening

As above, but then cosmetically bleaching the teeth in a non-invasive, non-harmful way. This causes no damage to the teeth and does not weaken the teeth in anyway. Two options:

- Home whitening alone (poladay or polanight)
- Enlighten Whitening- Combination of Home and In-surgery professional Whitening



### 3- Veneers

Cosmetically re contour teeth by drilling away superficial enamel and adhesively bonding porcelain onto front surface. Irreversible tooth destruction carried out during the process of veneers. Your dentist will remove about 1/2 millimetre of enamel from the tooth surface, which is an amount nearly equal to the thickness of the veneer to be added to the tooth surface.





#### 4- Alignment of teeth into a better position

Gold standard which is the traditional orthodontics with an orthodontist, This will correct the whole arch and will take on average 12-36 months. It can be ceramic, fixed metal or a palatal aligner)

**At our practice we help patient mainly align the front smile teeth (Anterior Aesthetic Alignment).**



Invisalign - this will take on average 6 -18 months

Invisalign straightens teeth using a series of nearly invisible, removable aligners that are custom-made specifically for your teeth. As you replace each aligner every two weeks, your teeth will move – little by little, week by week, gradually moving towards the projected final position.



*Inman Aligners- this will usually take 6-18 weeks*

Inman aligners are a perfect and safe solution for straightening the front teeth. It is custom made for your own teeth. Inman aligners are removable however should be work for at least 20 hours a day.

