

## Adult cosmetic orthodontic treatment at Hook Dental

In our practice we have seen a big increase in patients asking for cosmetic tooth alignment of their front teeth. It may be an instanding or proclined incisor, a midline gap or rotations and crossings of the teeth. Previously these problems required either a referral to an orthodontist or potentially damaging conventional cosmetic dentistry in the form of porcelain veneers and crowns. In recent years a new concept has been developed to avoid destructive dentistry and the long treatment time of conventional orthodontics.

Simple cosmetic orthodontic treatment focusing on the front six teeth using either fixed or removable appliances can align even quite misplaced anterior teeth. This may be followed by some tooth whitening and selective incisal edge bonding to create amazing results in as little as 3-6 months, a fraction of the time of conventional orthodontic treatment and at a fraction of the cost. Ask your dentist to fully explain the benefits of cosmetically focused adult orthodontic treatment. Your new smile could be only a few months away.



### The Inman aligner.

A removable appliance worn 18 out of 24 hours a day, allowing time off for meetings and dinner dates. Nickel Titanium coil springs power two aligner bows that gently oppose each other, guiding the teeth into their new position. The image shows the squeeze effect of the two aligner bows on the front teeth. The inner bow



### Fixed orthodontics using C-FAST.

C-fast uses clear orthodontic brackets and tooth coloured wires. The nickel-titanium wires put gentle pressure on the brackets to level and align the teeth with minimal discomfort. The use of clear brackets and tooth coloured wires minimises the aesthetic compromise of full time fixed appliances for adults. By focusing on just the front six teeth that make up most of your

### Clear Fast Aligners.

Removable appliances which are worn sequentially for a week at a time. Each aligner is designed to move the teeth in a pre programmed sequence gradually moulding the teeth into the perfect smile. The aligners are easy to wear and are practically invisible being made of a ridged ultra thin clear acrylic. Unlike the Inman aligner, these clear aligners need to be worn 24/7 except for eating and drinking. The aligners come as a set of six for each arch and up to three sets can be required to complete treatment. This option is perfect for patients who have minor misalignment and want an invisible solution.



This case was carried out at the practice using an Inman Aligner followed by home tooth whitening and some cosmetic reshaping of the tooth edges. A great result and a very happy patient. Treatment time was 4 months

Once your teeth have been moved into place to create your new smile, it is very important that they are securely fixed in this new position to prevent them from moving back. We use a very fine wire which is bonded to the backs of the front teeth that have been moved to fix them in position. This permanent retainer will be bonded to your teeth for ever and periodically may require some maintenance including visits to your hygienist to keep the teeth perfectly clean. We also supply a removable retainer for use in an emergency if a tooth comes debonded.



Once the teeth have been aligned and fixed in position some patients also choose to have some minor adjustments made to the edges and corners of their teeth. This is sometimes necessary where teeth have been worn down unevenly over time. With the careful re-sculpting of the teeth and the addition of tooth coloured filling materials, this wear can be effectively masked to produce a perfect smile. The photos opposite show how the uneven edges of the teeth have been harmonised and in this case the teeth have also been whitened to further turn back the clock and make the smile perfect. Edge bonding and tooth whitening will not be required in every case, but as you can see it can make a big difference to the end result. As you can also see in the final picture, tooth whitening alone can have a dramatic effect on the overall result. This picture shows a patient half way through a tooth whitening treatment where the upper teeth only have been treated.



### **HOW LONG DOES IT TAKE? WHATS INVOLVED? AND WHAT DOES IT COST?**

Short term adult orthodontics has been developed to avoid the long treatment times of conventional orthodontics. It typically treats only the front six teeth and is essentially a cosmetic treatment. It accepts that the patients bite is adequate and doesn't seek to correct more complex orthodontic problems which are still better suited to conventional orthodontics. It is very rare that any teeth are removed as part of the treatment and any space required to align teeth is created by the careful slimming down of some or all teeth being moved. A very careful assessment of your teeth will be carried out to assess your suitability for this form of treatment. Using models x-rays and photographs we can estimate how the teeth will move and accurately predict the outcome of treatment. We can also advise which type of treatment will be best for you.

Typically cases which are suitable for treatment will take no longer than six months to complete and involve roughly three weekly visits to your dentist to monitor the progress of treatment. At the end of treatment patients will always have a permanent bonded wire retainer fitted which is included in the cost of treatment.

For a single arch of teeth the cost is £2100.00 - £2500.00 regardless of the treatment technique used  
For both arches of teeth the cost is £3100.00 again regardless of technique.

All prospective patients will undergo a full orthodontic assessment and treatment plan, which includes an intra oral assessment, tooth models, x-rays and photographs. This costs £150.00 but is included in the overall costs quoted above if you proceed with treatment. We also offer a short free consultation to explain our treatment options further and to give you some idea of your suitability for treatment. So please call the practice on 01256 762353 to book your free consultation today and you could have a fabulous smile in next to no time.