



STRAIGHT TEETH GUIDE

Must-know tips and information about
orthodontic treatments at Tru Smile Dental.

*“Thank you for changing my life, I literally cant
stop smiling now!” - Trusmile Dental Patient*

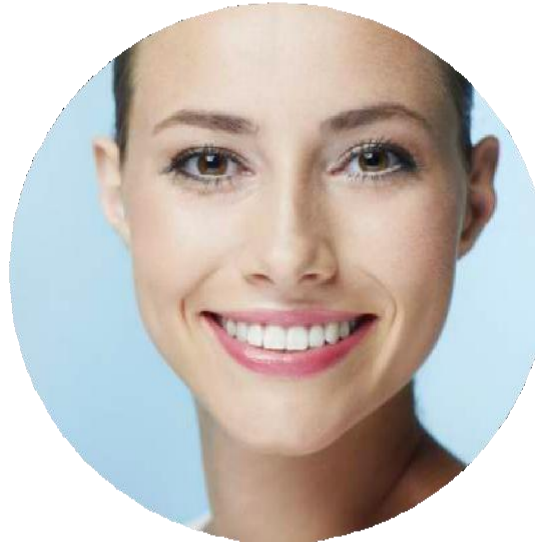
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Tru Smile Orthodontics

Uneven and unaligned teeth can really drag you down and affect your self-confidence. Recent advances in dental care mean that years of unattractive metal braces are no-longer the only way to get straighter teeth, with all the teeth straightening options now available, the cost of teeth straightening has decreased over the years.



There are two main forms of orthodontics (or ortho for short). The first is 'Traditional Orthodontics' provided by an orthodontist, using the traditional style of braces. The second is short-term orthodontics or (STO), which makes use of brands including Invisalign, Six Month Smiles and Inman Aligner.



These treatments can be provided by your general dentist as all the clinical planning and appliance design is carried out away from the dental practice, this approach results in a much shorter treatment period compared to traditional orthodontics using fixed braces typically takes around 18-30 months.



One of our friendly team members will see you through the course of your treatment journey and build a strong relationship with you. We have specialists in all aspects of dentistry, allowing us to deal with very complex cases. We are an award winning dental practice based in Essex.

FAQs

What is the different between an orthodontist and dentist?

While dentistry is a very broad speciality, orthodontics is a speciality within dentistry that focuses on the straightness of teeth and the correction of a persons natural bite. Orthodontists undertake additional studies within this subject in order to. All orthodontists are dentists, but not all dentists are orthodontists.

Do straightening treatments need to be carried out by an orthodontist?

Your teeth can be straightened either by an Orthodontist or a Dentist provided they have had the right training and knowledge to carry out the treatment. They must also work within their bounds of competency.

Orthodontists have had additional training and are able to deal with more difficult and complex cases.

Consultant Orthodontists undertake additional consultancy work within a teaching hospital establishment as part of their training, supervising upcoming Orthodontists and train Dentists on their journey to becoming an Orthodontist.

How long will treatment take?

Treatment can take between anywhere between 6 months to 2 years depending on the complexity of your case. Some of our treatments, like 6 Month Smiles, can deliver results in just 6 months or less.

Will it be obvious I'm wearing braces?

We offer a range of clear teeth straightening treatments which are designed to straighten your teeth as discreetly as possible. Invisalign, for example, uses clear aligners which are barely - if at all - noticeable.

Incognito Lingual Braces uses wires and brackets attached to the back of your teeth, with means complete discreetness coupled with effective straightening. Some of our patients at Ten Orthodontic Centre have described treatment with Lingual Braces as 'revolutionary'.

Teeth Straightening

What results can be expected with tooth straightening?

- Re-align all your teeth or only a single tooth.
- Align teeth which stick out back into line.
- Re-align teeth that are stuck behind others into line.
- Un-twist teeth back into correct position.
- Correct your bite.
- Close gaps.
- Widen your smile.
- Push teeth upwards.



Benefits of straightening your teeth?

There are many benefits to straightening your teeth and many of our patients wish they had started before because for 99% of people, the benefits far outweigh the time and money spent on the treatment.

- Better looking teeth - better confidence and a better smile!
- Teeth that are easier to clean as they are straight and aligned in line, and therefore much easier to both brush and floss.
- Healthier gums as a result of your improved teeth cleaning.
- Straighter teeth prevents abnormal tooth wear as perfectly aligned teeth can take the extra strain off your chewing, and prevent uneven wear of your teeth.
- Get rid of any pain or discomfort caused by twisted or misaligned teeth.
- Improved eating experience, allowing for a more even consistent chewing area.
- More confidence - your smile is one of the first things that people see when they meet you, and having a great smile can work wonders for your confidence.

Invisalign - Invisible Teeth Aligners

Invisalign is the ultimate modern, clear teeth aligner system used to effectively and discreetly straightening teeth. An alternative option to fixed braces, Invisalign may be removed for activities such as eating, singing, teeth cleaning or during sports.

Near-invisible and custom-made, the series of clear, plastic aligners fit over the teeth like a mouth guard. Teeth gradually straighten as aligners are replaced every 2 weeks according to teeth positioning and treatment progression.

Advantages of Invisalign

- Clear plastic aligners designed to direct your teeth back into place.
- Great for convenience as Invisalign aligners can be removed as needed for activities such as eating, sports, singing and teeth brushing .
- A comfortable, invisible and modern alternative to traditional braces.
- Improved oral hygiene during use and better prevention of tooth decay.



Inman Aligner - Clear & Removable

The Inman Aligner is a clear removable retainer with two spring loaded aligning bars that fit over your existing teeth. Unlike a regular brace, the Inman Aligner provides a constant gentle pressure onto the teeth, achieving teeth alignment success much quicker than traditional methods. Most cases complete in 6-18 weeks and because it's removable you can take it out to suit your lifestyle.

Advantages of Inman Aligner

- Teeth straightening results are evident from 6-16 weeks.
- Removable and convenient for eating, oral hygiene and sports.
- Teeth straightening treatment which is both painless and comfortable.
- Discrete and unnoticeable due to its thin component design.
- Affordable treatment suited for minor teeth straightening conditions.



Six Month Smiles - Natural Coloured Braces

Unlike having to wear traditional 'train track' type braces, which can be unsightly and uncomfortable. 6 Month Smiles consist of teeth coloured components with very fine minimal designs. Unlike traditional braces, the 6 Month Smiles options can be more cost effective and requires much less frequent dental trips and regular maintenance.

Six Month Smiles is a revolutionary and modern treatment, originally derived from the US. It offers patients a more discreet, efficient, faster and cost-effective option to traditional braces. The system focuses only on the front teeth that show when you smile, individual teeth can be targeted during the treatment and custom tailored for you, hence providing much faster results compared to traditional braces.

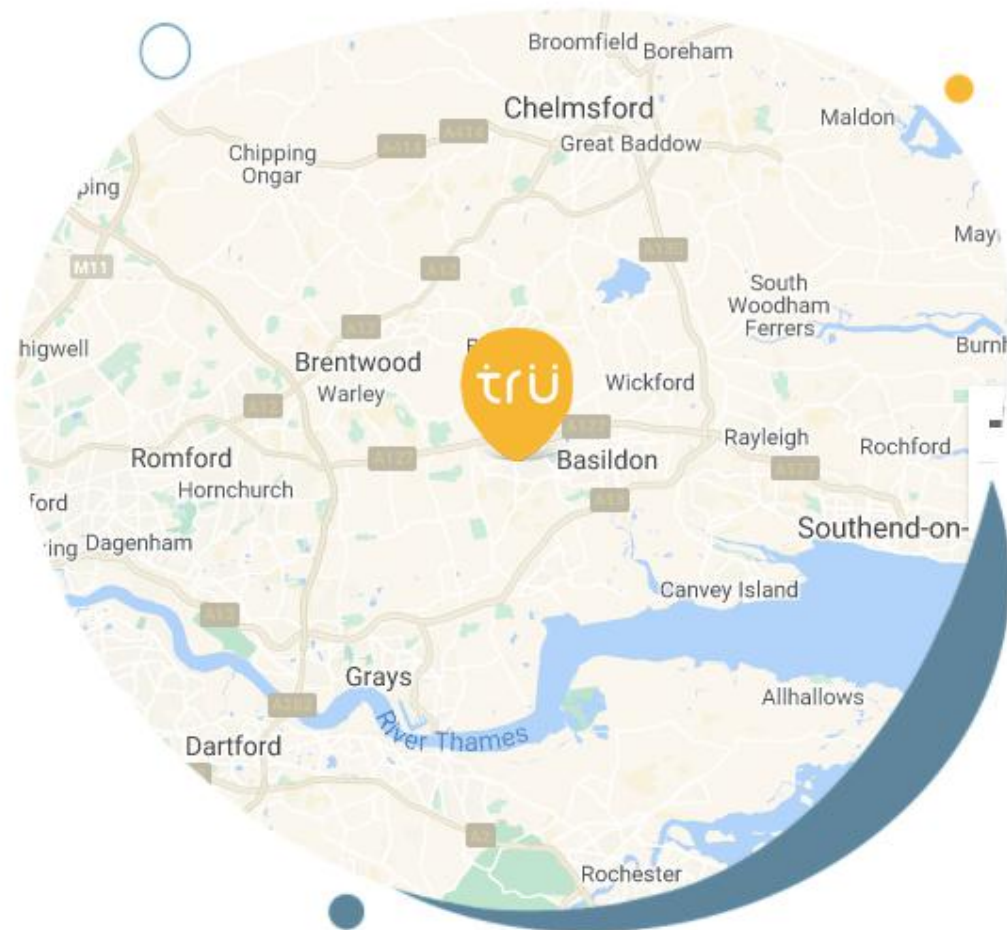


Some of Our Real Patient Results

Complex cases require more planning, more treatment time and sometimes treatment with one or more specialists in order to achieve the best possible results. No matter how complex your case is, at Trusmile Dental we are always prepared to work towards the best result possible results within the time frame and financial boundaries we agree on.



Trusmile Dental Practice Patient



If you are considering cosmetic dentistry and interested in a consultation. Call us on **01268 544218** to book.

Our dental practice is located in Basildon, Essex.

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