



*"Creating The Perfect Smile For You"*

# BEST PRACTICE

Here at Supreme Dental Concepts we live and work by "Best Practice".

**Choice 1: Long Term Solutions (Best Practice)**

Choice 2: Short Term Solutions

Choice 3: Do Nothing

To us "Best Practice" means the treatment we as dentists would diagnose and plan for ourselves and our family

If you have any concerns and require further clarification on treatment choices provided or the whitening (free consultation) procedure, please feel free to ring and talk to any staff member including reception

[www.supremedental.co.nz](http://www.supremedental.co.nz)

Welcome to the Family of

**"Best Practice"**

From the  
Best Practice Team at

**Hutt Dental Centre  
Tennyson Dental Centre**

**For more information visit  
[www.supremedental.co.nz](http://www.supremedental.co.nz)**

**INVISALIGN**



**SUPREME DENTAL CONCEPTS**

*"Creating The Perfect Smile For You"*



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## FREE PRELIMINARY CONSULTATION

Your initial consultation with our dentist is free. During this visit, you'll discuss the issues you have with your teeth and what kind of results you would like to see. Once your dentist decides your situation is suitable for Invisalign treatment, a treatment plan will be mapped out with your goals in mind. Information will be given so you can decide if you wish to have a preliminary assessment

## FULL EXAMINATION

In order to have invisalign it is important for you to have a full check up before any form of treatment is carried out because once your retainers are made we should not be changing the shape of the teeth as this will affect the outcome of your treatment. Hygiene also needs to be looked at because if gum disease is present or tartar is present that will affect the fit of your trays and also the treatment outcome

## BENEFITS

- Healthier Gums
- Easier cleaning
- Improved chewing and eating
- Maintain comfort and tooth structure



## TREATMENT TYPES

There are four types of Invisalign treatments:

### Invisalign Express

- 10 or fewer aligners
- Improving smiles
- Pre-restorative alignments
- **Simple corrections**, aesthetic treatments

### Invisalign Anterior

- Aligners as needed
- Canine to Canine (eye tooth to eye tooth only)
- Aesthetic treatments for upper and lower front 6 teeth
- **Anterior only**

### Invisalign Full

- Aligners as needed
- Full arch (all teeth)
- Broad range of treatments
- **Comprehensive treatment with all mid course corrections** and if not happy with the end result can do **refinements at no extra cost**

### Invisalign Teen

- Aligners as needed
- Full arch (all teeth)
- **For ages 11-19 years**
- For erupting or unerupted dentitions
- Comprehensive treatment or part of two phase treatments



step  
1

## THE PROCESS

Special study models taken  
Bite taken  
Photographic records taken  
Panorex X-Ray taken  
Sent to the United States for computer imaging



step  
2

## CLIN CHECK

Computer imaging checked  
Records are discussed with patient  
Treatment plan CD is given to patient  
All relevant issues are discussed  
Treatment trays are ordered if you are happy



step  
3

## TREATMENT

Treatment commences and this may take anywhere from 6 months up to 18 months depending on how crooked the teeth are. Your aligners are issued and you will have to wear them for 22 hours a day and only take them out for eating and drinking



step  
4

## REFINEMENT

Sometimes the teeth won't move exactly to where we would like them to go so further refinements may be carried out at no charge to the patient in order to achieve the best results

## RETENTION

All teeth will want to move throughout your lifetime so in order to keep them stable, a night retainer will have to be worn. A night retainer can also be used with a wire permanently attached to the back of your teeth.