

From Vampire to Venus

is your smile a little scary?

by: Bruce Bosler, DDS

Never having felt confident in grade school, Rosi seemed to carry that uncomfortable feeling with her where ever she went. When she was younger, she was teased about her “fangs”. Those “fangs” were actually crowded, prominent canine teeth which she always tried to hide whenever she smiled.

She remembers standing before her classmates and giving an oral book report. It was about vampires. When she finished, she took questions from the class. Thinking he was funny, the class clown shot his hand into the air and blurted, “Love your costume! You look just like one!” He went to the office... in trouble. Rosi went home... troubled. From that point on, she was convinced, everyone noticed her crowded teeth.

Many of us have a similar story like Rosi’s which affects the confidence we have in our smiles. Too often we allow it to define how we feel about ourselves.

Rosi’s case is typically solved with orthodontics. However, often the “confidence challenged” individual may find metal or ceramic brackets and wires esthetically unacceptable. Rather than add insult to injury, they will generally avoid treatment altogether.

The answer is in an orthodontic alternative known as Invisalign that uses clear plastic aligners to gradually move teeth into their desired position. The benefit of these aligners are that they are thin and removable, allowing you to brush and take care of your teeth without dealing with the wires and rubber bands used with traditional orthodontics. Moreover, they are virtually undetectable and much more comfortable than metal braces.

Aligners are removed during eating and therefore also minimize food restrictions giving you the freedom to enjoy your favorite foods without worrying about breaking or bending brackets.

Your treatment plan begins with a consultation with an Invisalign certified dentist. Your doctor will write a detailed treatment plan that determines how each of your aligners will change throughout your program. When you begin treatment, you’ll wear each set of aligners in two-week increments. The aligners gently move your teeth into position and at the end of each two-week period you progress to the next set of custom aligners.

As you progress through the series of aligners, your teeth will begin moving, little by little. You don’t have to wait until you complete treatment to see your smile change. You may start seeing positive changes early in the process. You will have occasional checkups with your doctor - often as little as six to eight weeks - in order to gauge your progress.

Martin is a financial analyst. Smart, attractive and energetic at 34 years old, he also asked his dentist about Invisalign. He had braces when he was young, but somehow his teeth had since relapsed and were crooked again. He loves his job, but always felt a bit uncomfortable with clients because of the re-crowding of his teeth. After just nine months of Invisalign wear he commented, “I am very glad I decided to make the investment in myself. In just nine months my teeth were straightened using Invisalign. My aligners were so comfortable, compared to the metal braces I had as a kid that sometimes I forgot I had them on!”

Rosi eventually found a career on TV as a local news anchor. She smiles confidently now. She’s aware that everyone notices her teeth. Her dentist recommended Invisalign invisible aligners back when she was in college. After just 15 months of treatment, Rosi was amazed at her new, beautiful white smile. She realized what an attractive young woman she was. She wrote to her dentist, “I always wanted to have straight teeth, but never thought my “scary” smile would look this great. Plus, no one even knew when I was wearing them. I couldn’t be happier!”

Ask your dentist or orthodontist if Invisalign orthodontic aligners are right for you. And at the end of your treatment, you’ll be showing off a smile you never knew you had before Invisalign! ■

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