

Smile!

Smile, it's National Smile Month! Your smile is one of the first things people notice about you, which is great if you have a gorgeous grin, but if your smile is more Z-List than A-List it can affect your confidence.



Meet Dr David Nelson...

We got some inside information from Dr. David Nelson, BDS, MSc. (Imp. Dent) – the Clinical Director of Cranmore Dental and Implant Clinic. David was one of the first dentists in Northern Ireland to hold a Masters Degree in Dental Implantology and has a special interest in dental implants and cosmetic

treatments. He regularly receives referrals from other dental professionals in relation to these treatments. So, what kind of discreet orthodontic treatments are out there right now? David explained: "There are two primary discreet orthodontic options – the Inman Aligner, and the clear plastic type such as Clear Step and Invisalign. The advantage of the Inman Aligner is the speed of treatment and its relatively cheaper cost to the alternatives. The case shown in this photograph was completed in approximately ten weeks."



FAMOUS SMILES

It's the celebrities' number one accessory – a row of gleaming white and perfectly straight porcelain teeth, but can busy adults still achieve the perfect Hollywood smile without going through the pain, and let's face it, the embarrassment of wearing braces in later life? People assume the only option is regular orthodontic braces but in this day and age there are more discreet ways of perfecting that winning smile.



The Inman Aligner

Inman Aligners are causing quite the stir stateside and made their way over here recently. David said: "They are one of the newest discreet orthodontics to hit the UK and Irish dental market and were brought to the UK by Tiff Qureshi, who is a good friend of mine in England. He has pioneered this treatment in the UK and has had a major part to play in its success." The treatment works by having a clear plastic bow in front and behind the teeth

which effectively squeezes the teeth together to straighten them. The aligner should be worn for about twenty hours per day and the treatment can take approximately between six to 14 weeks. David said: "It is quite often followed by whitening the teeth to give the teeth that extra lift."

The revolutionary new treatment is cheaper than the leading alternative, Invisalign. David continued: "The Inman Aligner costs approximately £1,600, which can be up to 50 per

cent cheaper than some of the alternatives, and the main advantage is the speed of treatment. The majority of patients will achieve that dazzling smile in about ten weeks! This is phenomenal considering conventional orthodontics can take up to two years." There are only a few minor drawbacks with the treatment; you may have a slight lisp and will salivate slightly more than usual. The clear tubing will run along teeth and will be ever so slightly noticeable but other than that, you will be smiling with confidence in no time!

To find out more, speak to Dr David Nelson about Inman Aligners at Cranmore Dental and Implant Clinic, 639 Lisburn Road, Belfast. Call (028) 9038 1822 or email: info@cranmoredental.com www.cranmoredental.com



BRACE YOURSELF

Bad news for former brace wearers; even if you went through your adolescence with a mouth full of metal, the chances are your teeth will have moved somewhat or worse still – reverted back to their original misshape over time. Taunts of 'Buckteeth Bertha' and 'metal mouth' will be a distant memory though as you can straighten out your teeth again without people even knowing!

Let's Re-Cap

So what else is available to someone wanting to perfect that red carpet smile? Dr Nelson said: "There are numerous treatments that can improve an individual's smile. It could be as simple as a visit to the dental hygienist to bring that sparkle back, or if more is required, then it can range from tooth whitening to placing veneers, crowns or dental implants.

Inman Aligners

What: This is the quickest and most cost-effective, discreet orthodontic treatment around right now and will have your teeth lined up correctly in ten short weeks.

Details: A clear tube runs along your teeth squeezing the teeth together and straightening them out. You must wear the Inman Aligner for at least 20 hours a day to get fast results and you will not be disappointed.

Where? Cranmore Dental and Implant Clinic, Lisburn Road, Belfast (028) 9038 1822

placing the veneer directly over existing teeth. This fact is not lost on these hot celebrities, and these celebs have taken, or are rumoured to have taken steps to ensure that a 'million-dollar smile' would be theirs forever.



TOO MUCH? The mega watt smiles of Katie Price and Simon Cowell

Invisalign

What: Invisalign uses a series of clear, nearly invisible, custom-made and removable aligners that apply pressure on different



teeth at different times. Each aligner is individually manufactured and worn in two week increments.

Details: With no metal wires or brackets, the aligners are comfortable and can be removed for eating, drinking, brushing and flossing. Costs from £1,500 - £6,000

Clearstep

What: Very similar to Invisalign, Clearstep is hailed as the 'clearest brace in the world'. **Details:** The positioners are wafer thin and made of a transparent medical-grade plastic.



Veneers

What: Porcelain veneers can transform any smile into a whiter, brighter award-winning beam.

Due to the breakthrough of the ultra-thin veneers (as thin as a contact lens), there's no need for the traditional method of grinding down the teeth's sensitive tooth structure by

TEETH WHITENING

Evolution ice

What: Enlighten's combination system has redefined professional teeth whitening. Enlighten is the first and only whitening supplier in the world to guarantee that any patient will whiten to at least B1- the lightest shade. You use the treatment at home for two weeks before undergoing your intensive one hour treatment in the clinic. You can even continue to use the gel at home for at least a year afterwards! **Details:** £495- Available exclusively at Cosmetech, 109c High Street, Hollywood, Co Down, BT18 9AG. Tel: 028 90423200 or email lena@cosmetech.co.uk (www.cosmetech.co.uk).

Smile Spa

What: The new Smile Spa teeth whitening treatment promises show-stopping results after just one treatment! **Details:** £120 at Le Studio Bronze, 48 Lisburn Road, Belfast. Phone 028 9066 2458, or visit www.lestudiobronze.co.uk