

Dr. David Nelson is the Clinical Director of  
Cranmore Dental.



## STRAIGHT TALKING

This month Cranmore focuses on how the Inman Aligner can leave you with the perfect smile in just a few weeks.

The Inman Aligner has been described as the 'greatest innovation in cosmetic dentistry since the porcelain veneer'. Fine praise indeed and quite befitting of the Inman Aligner, one of the most exciting recent developments in cosmetic dentistry.

This revolutionary technique offers patients the opportunity to straighten overlapping or misplaced front teeth in just 6 to 16 weeks.

All too many patients with crooked front teeth feel they have few choices when it comes to creating a straight smile. They are often discouraged by the length of treatment and by the cost and appearance of braces available. Many have either lived with their misalignment or opted for veneers, which entail heavy grinding of teeth to get them into the correct position. The Inman Aligner offers a more conservative approach and is ideal for those not keen on prolonged treatment or the appearance of 'train-track' orthodontic braces.

### What does the Inman Aligner look like and how does it work?

The aligner is a removable appliance, consisting of two simple thin clear bows,

which sit in front and behind the 4 to 6 front teeth. It is barely visible as the majority of its components are hidden from view and works by effectively squeezing the teeth together to straighten them. It should be worn for approximately 20 hours per day. The majority of patients will achieve a dazzling smile in about ten weeks! This is phenomenal considering conventional orthodontics can take up to two years. There are only a few minor potential drawbacks when wearing the appliance. Some patients have a slight lisp and some may salivate more than usual. Aside from that, the treatment is painless and rapid allowing patients to smile with confidence in no time!

If teeth are very misshapen or heavily filled and discoloured the patient may still opt to have veneers at the end of treatment. The advantage of using the aligner first is that less tooth substance has to be removed in order to achieve a straight smile. This offers a more conservative approach to cosmetic dentistry, which we at Cranmore Dental strive to achieve.

### What options are available?

Aside from conventional orthodontic

braces and brackets, the Inman Aligner is one of two primary discreet orthodontic options available. The other is clear plastic type appliances such as Clearstep, Six Month Smiles and Invisalign. The advantage of the Inman Aligner is the speed of treatment and its relatively cheaper cost compared to the alternatives.

### Invisalign

Invisalign uses a series of clear, almost invisible, removable aligners which are changed every two weeks. Treatment usually takes approximately 11 months but may take up to two years in more complex cases. Approximate cost: £1,500 to £6,000.

### Clearstep

This system is very similar to Invisalign. It uses a series of wafer thin clear aligners to straighten teeth. Treatment takes between 9 and 18 months. Approximate cost: £2000 to £4500.

### Six Month Smiles

Six Month Smiles uses transparent brackets and wires to align teeth. Top and bottom teeth can be aligned in 4 to 9 months. Approximate cost: £3000-£6000.

At Cranmore Dental we provide the Inman Aligner at a cost of £1600. If you are suitable for treatment you can expect to achieve a fantastic smile in a matter of weeks and at a lower cost than other available options.

Article written by Dr Ailish McBride, a dentist at Cranmore.



Inman Aligner (Before).



Inman Aligner (After).

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