

YOUR TREATMENT WITH ALIGNERS



During your treatment at Falls Grove Orthodontics, the doctors may prescribe some or all of the additional tools outlined below in order to achieve your ideal smile! Be sure to ask our team any questions you may have after reading through this handout, so that you can be fully informed and excited about your treatment with clear aligners!

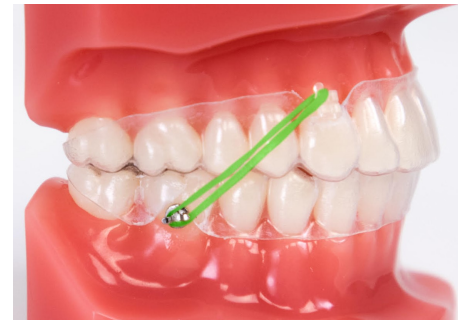
ATTACHMENTS

WHAT ARE ATTACHMENTS? Attachments are tooth coloured "bumps" or "handles" that are placed on the teeth to assist the trays in efficiently and effectively moving the teeth during clear aligner treatment. These may be changed and adjusted during treatment. If an attachment comes off in between appointments, it is not a problem, and we will rebond it at your next visit.



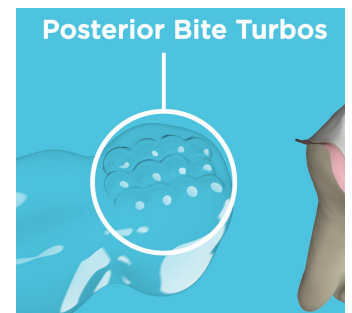
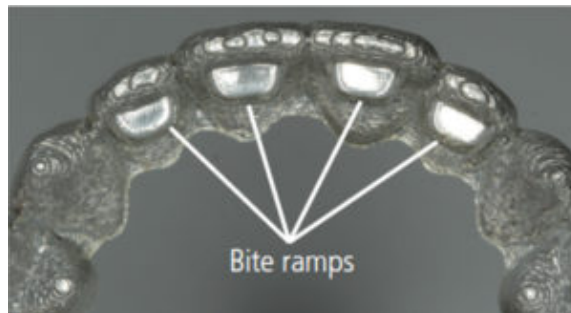
ELASTICS

WHAT ARE ELASTICS? Elastics are rubber bands that help move your teeth in a direction that cannot be accomplished with braces alone. They use constant, light pressure to move your teeth into a better position. Their position, orientation, and size may change over the course of treatment. Almost all patients will wear elastics during their treatment. Taking elastics in and out often, or only wearing them part time will not move teeth as needed. This will not only extend treatment time, but it can also make teeth feel more sore.



BITE PADS / BITE RAMPS

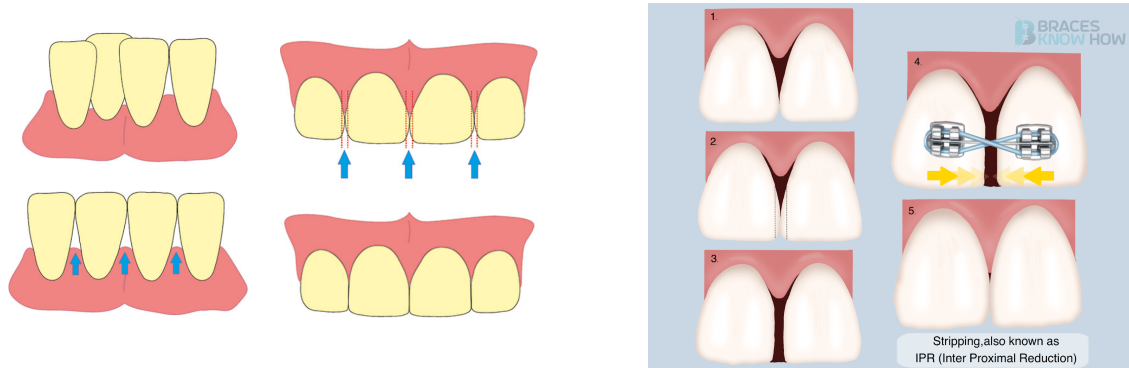
WHAT ARE BITE PADS / BITE RAMPS? These are blocks placed in the aligner on the back side of the upper front teeth or on top of the molars to help open the bite. This allows more efficient movement of the teeth to occur during aligner treatment.



IPR (interproximal reduction)

WHAT IS IPR? Interproximal reduction is a method of reshaping the sides of the teeth in order to obtain alignment, reduce crowding and/or recountour the shape of the tooth to reduce the appearance of black triangles. IPR is usually limited to a few millimeters and will not pose an increased risk for cavities. Some patients may notice a slight sensitivity to cold for a few days following IPR.

WHAT ARE BLACK TRIANGLES? Black triangles are formed when triangular shaped teeth are aligned. Gum tissue over time naturally recedes and “black triangles” under the tooth’s contact point can be visible. Some people find these esthetically unappealing. IPR and/or bondings by your general dentist can reduce their appearance.



ENAMELOPLASTY

WHAT IS ENAMELOPLASTY? Enameloplasty is a cosmetic dental procedure to remove small amounts of tooth enamel to change a tooth's size, shape, length, or surface. This is often used to reduce the appearance of wear facets, chips, and/or mamelons (bumps on the edges of the teeth).

Enameloplasty may be done at any point in treatment, and can often be spread out over several appointments to reduce sensitivity in cases where a larger amount of reshaping is required. Enameloplasty can also be combined with bondings (by your general dentist) to make more drastic changes to the tooth surface and shape.



GINGIVAL RECONTOURING WITH LASER

WHAT IS GINGIVAL RECONTOURING? Lasers can be used to recontour the gingival tissues for esthetic purposes and/or to remove hyperplastic (swollen/overgrown) gingival tissues.

Gingival recontouring is usually done a month after orthodontic treatment has been completed. This allows the gums to settle before adjustments are made. We include one complimentary laser procedure for our patients who undergo orthodontic treatment.

