



Dental health in Singapore: Getting your teeth straightened

Do you have problem teeth and want to get it fixed ...

Article was first published on Expat Living Singapore Website
www.expatliving.sg | 6 August 2015

Say goodbye to conventional braces with Invisalign®

Luckily, I was born with straight teeth. Well, not literally, but you know what I mean. Unfortunately, my youngest daughter inherited her father's crooked teeth. She gained other qualities from him, so we can't get too annoyed... but I learnt from her how not being comfortable with your teeth can affect all areas of your life - confidence, shape of jawline, as well as wear and tear of teeth, for a start.

We both talked about how difficult and painful conventional braces can be - just knowing what other friends have been through, I wouldn't wish it on anyone. But through discussions with our dentist, we realised that Invisalign® does the job without most of the drama. The results have been fairly radical, completely reshaping my daughter's cramped bottom row of teeth. There are less visits to the dentist, and less tweaking and discomfort. PLUS, it's usually an upfront payment, so you know what your financial outlay is going to be.

A colleague in her late 30s who had spent most of her life 'putting up' with her overlapping bottom teeth also went the Invisalign® route. She wasn't going to go in to middle age with a metallic mouth, so she was happy to find an alternative.

To tell us more about Invisalign® technology and the benefits of getting your teeth straightened is orthodontist **Dr. Catherine Lee**.

Straight Talk About Crooked Teeth

Periodontal disease can begin as simple gum swelling or bleeding during brushing or flossing. If not treated, it may cause teeth and bone loss, risk cardiovascular (heart) disease, diabetes and even respiratory problems.

We know the importance of good oral health. Straight, properly aligned teeth can decrease negative effects of periodontal disease, potentially achieving a difference to your general well-being. However, the drawbacks of braces have kept many from realising that dream. Major advancements in orthodontics over the past decade have made healthier gums and improved oral hygiene an achievable reality.

An Alternative to Braces

Your phone, Internet connection and earphones are wireless. Why aren't your braces too? Welcome to the 21st century. A confident and healthy smile is what most people are looking for, and Invisalign® gives them that - straight teeth with no wires.

It uses SmartTrack™ technology to apply force and move teeth to the desired position with a series of clear, custom-made removable aligners. It does not use braces and wires, so no more sore mouths or worrying about what you look like.

Invisalign® is developed by orthodontists and scientists in Align Technology™, a pioneer in research and development, and also the market leader in Invisible Orthodontics.

Itero, 3D Digital Intra-Oral Scanner

Making the first great impression, the Itero scanner is also reaching new technological frontiers. Traditional uncomfortable dental impressions (or dental moulds) are eliminated and replaced with 3D digital laser scanning, giving more precise and accurate imagery of your gums and teeth with greater comfort and shorter processing times.



Itero is a 3D digital intra-oral scanner

Virtual Treatment Planning

The synergy of Itero together with Invisalign® means that everything is done effortlessly, and with limited discomfort. With the availability of 3D digital imagery of your mouth and teeth movement prediction software from Invisalign®, the simulation of final results can be obtained

in 3D before any orthodontic treatment begins. This allows orthodontists to derive a diagnosis with increased accuracy and treatment plans for patients, to facilitate discussions and considerations before orthodontic treatment starts.



Braces vs Invisalign®

You are still able to remove your aligners, eat, brush and even floss like you usually do. So free your smile and go wireless! Choose the clear alternative to braces and say goodbye to being teased for having braces. No one can tell!

Time-wise, depending on how vigilant you are about keeping them in for the right number of hours, it should take between 12 to 18 months to achieve a nicer smile with Invisalign®. But you can get a clearer indication of the actual duration during your initial consultation.



Dr. Catherine Lee

BDS (Adel., Australia). Cert. Orthodontics (New York)

Fellowship, Cleft-Craniofacial Surgical Orthodontics,
Institute of Reconstructive Plastic Surgery,
New York University

Consultant Orthodontist
(Sub-Speciality Cleft-Craniofacial)

Singapore General Hospital (Plastic Surgery Dept.)
National University Hospital, Singapore (Dept. of Surgery)

Camden Medical Centre, #06-05

One Orchard Boulevard, Singapore 248649

T +(65) 6835 9571

Enquiries@DrCatherineLeeOrthodontics.com

www.DrCatherineLeeOrthodontics.com

