

# Burning Invisalign® questions, answered by Dr. Aiden Sone at Sone's on Sheppard Dental Centre

July 25th, 2012

Are you wondering what Invisalign treatment is really like, and what effect it will have on your day-to-day activities? Will it slur your speech? Will people know you're in treatment? You're not alone in your concerns!

Drs. Warren, Eryn and Aiden Sone, and our team thought we'd share this list of questions and answers for anyone pondering Invisalign treatment at Sone's on Sheppard Dental Centre.

How exactly does Invisalign work?

Using 3-D computer imaging technology, Invisalign creates a series of custom-made, clear aligners exclusively for your teeth, based on the treatment plan that we specify for you. Each aligner moves teeth incrementally and is worn for about two weeks, then replaced by the next in the series until the final position is achieved.



Will I experience pain during treatment?

Most people experience temporary discomfort for a few days after a new aligner is placed. This feeling of pressure is normal and is a sign that Invisalign is working by sequentially moving your teeth to their final destination.

Can other people see that I'm in treatment?

One of the benefits of Invisalign is that the aligners are clear. You can straighten your teeth without anyone knowing.

Can I smoke during treatment?

We discourage smoking while wearing the aligners as they may become discolored.

Are there any foods I shouldn't eat while in treatment?

You can eat normally during the entire course of treatment. One of the advantages of Invisalign is that the aligners are removable. Simply take the aligners out before each meal, brush when you're finished eating, then reinsert the aligners afterward.

We recommend removing your aligners for all meals and snacks, as gum and other chewy substances can stick to the aligners.

How often must I wear my aligners?

Aligners should be worn all day, except when eating, brushing, and flossing.

Will my speech be affected by the aligners?

As with any orthodontic treatment, aligners may temporarily affect your speech. If this does happen, your tongue will adjust within a day or two and your speech should return to normal.

How do I clean my aligners?

The best way to clean your aligners is by brushing and rinsing them in lukewarm water.

How often must I visit the office during treatment?

For most patients, visits every 4-6 weeks are frequent enough for us to determine that your treatment is progressing properly. We will provide you with a specific schedule that supports your individual treatment plan.

If you have additional questions about the Invisalign treatment, please give our office a call, or visit us on Facebook!

## What, exactly, is a root canal?

July 26th, 2012

Our team knows one thing no patient likes hearing when visiting our office is “root canal.” But what, exactly, is a root canal, and when might you need one?

A root canal is a treatment used to repair and save a tooth that is infected or badly decayed to the point where the nerve is involved. In the past, if a patient had a tooth with a diseased nerve, dentists in most cases would recommend an extraction. Today, however, with a procedure called root canal therapy, available at our office, you may save that tooth—and your beautiful smile—after all!

Here are some symptoms that indicate a decayed or infected tooth, courtesy of [WebMD](#):

- Severe toothache pain upon chewing, biting or application of pressure
- One tooth consistently more sensitive to hot or cold than other teeth
- Pain that hurts without any stimulus, keeps you awake or wakes you up at night
- A tooth that feels loose
- Discoloration (a darkening) of the tooth
- Pain that persists weeks following a filling or replacement of a filling
- Chronic pain and/or pressure that may extend to the ear, eye or neck

If any of these symptoms apply to you, we recommend you schedule an appointment with us right away.

The best way to avoid a root canal is to practice good oral hygiene at home, and that includes brushing at least twice a day and flossing to reduce plaque and bacteria. For more tips on how to avoid root canal therapy or for general questions about your dental treatment, we invite you to ask us during your next visit to [our office](#)! We also invite you to ask us on [Facebook](#)!

