



## **DR. RONAN FREYNE D.M.D ON STRAIGHTENING YOUR TEETH WITH INVISALIGN**

**About the doctor:** Dr. Freyne received his undergraduate degrees in Psychology and Biology from Georgetown University. He then attended the New Jersey Dental School where he received his degree as Doctor of Dental Medicine (DMD). After completing an externship at the Monmouth Medical Center in Long Branch, New Jersey he continued his training at a General Practice Residency at Mountainside Hospital in Montclair, New Jersey.

Dr. Freyne has been practicing dental medicine for over 8 years in the metropolitan Washington area, and believes it is imperative to stay abreast of advances in dental technology and clinical practice. He has completed advanced training in implant prosthetics as well as advanced comprehensive patient care at the prestigious Pankey Institute in Key Biscayne, Florida. He is also a certified provider of InvisAlign therapy.

### **INTERVIEW**

**Q:** Dr. Freyne, as a cosmetic dentist you have a variety of tools and procedures to improve your patient's smiles and one of these is InvisAlign braces, can you tell us first of all what they are?

**A:** InvisAlign is an esthetic alternative to traditional braces. Basically it consists of a series of clear plastic, removable aligners or retainers that a patient changes every two weeks, which move the patient's teeth incrementally over the course of treatment. As the aligners are clear, it allows discerning patients to straighten their teeth without anyone noticing.

**Q:** What conditions can they treat?

**A:** Generally InvisAlign can be used to treat mild to moderate tooth spacing or crowding. It can be used on both children and adults but of course it is recommended on a case to case basis and a consultation is needed to see if a patient is a viable candidate.

**Q:** Are they worn all the time or just at night?

**A:** It is recommended that a patient wear the clear aligners 23 hours per day. Basically you remove the aligners only while eating and brushing/flossing. Compliance is extremely important and the more you adhere to the recommended guidelines, the more predictable esthetic result will be achieved.

Q: Are they painful or uncomfortable to wear?

A: As with anything new there is an accommodation period where your mouth will become more accustomed to having the aligner in place. Minor discomfort may be experienced the first day or two of each new aligner as the teeth begin to move but this goes away quickly and soon enough you won't even notice you have them in your mouth.

Q: How long would they have to be worn to correct or improve the problem?

A: As every case is different that is difficult to say precisely, but on average InvisAlign cases run from 8-12 months.

Q: What about cost?

A: In our office the treatment cost for InvisAlign is directly related to treatment time and complexity of treatment. Generally speaking the average cost ranges between \$3500-5500. Our office provides a host of payment options including financing which can make the cost of treatment extremely reasonable.

Q: Once the treatment is complete what kind of result can the person expect

A: Before we begin any treatment our patients can view a virtual image of their teeth and how their teeth will move throughout treatment and actually see the final result. At this time, I like to have an in depth consultation with the patient so as to find out exactly what the patient is looking for. Often time the doctor's idea of the ideal esthetic result may vary from the patient's perception. Therefore during the virtual imaging consultation we can tweak the movement and final placement of the teeth so that both doctor and patient are happy.

Q: As InvisAlign is a cosmetic dental treatment, would you recommend whitening your teeth before or after treatment?

A Great question because one of the greatest adjunctive esthetic treatments to InvisAlign is whitening the teeth during treatment. The aligners can be used as bleaching trays and because they are machined by a computer the fit is so intimate that you get outstanding whitening results. It really is quite an amazing transformation watching the teeth whiten as they straighten. Both my patients and myself are excited every time they come in to the office as we see the dramatic changes taking place.

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