



## “The Tooth and Nothing but The Tooth”

by  
Chris ‘Dr. Smile Maker’  
Branfield

### Life Changing Dentistry - A Revolution in Cosmetic Dentistry

Hello how are you doing? I hope that you have had a great summer. We have certainly had a better one than last year. Let’s hope that it hangs on into September. I survived pulling a caravan to France and back. I was nervous to start but after a while it was fine. I absolutely loved it.

I have gone back to basics for a couple of months but I really must write about something that I am really excited about. I have researched a technique of adult tooth straightening for a couple of years now and have been on the course to be an accredited practitioner. I think it is the future for cosmetic dentistry.

#### So What Is All The Fuss And Why Am I Excited

Well, crooked teeth, conventionally, could only be sorted out either with a fairly prolonged course of orthodontics (braces up to two years) or by camouflage with veneers and/or crowns. The braces could either

be fixed train track type or clear tray type. Veneers usually mean some tooth grinding, often quite a lot of grinding. Crowns definitely mean quite a lot of grinding. Obviously there is the biological cost of tooth grinding as well as the financial cost. More often than not adults are not prepared to have a brace on, especially for extended periods.

Well there is now an alternative. The Inman Aligner is a removable brace that exerts a steady small force on the teeth that makes the teeth move more quickly in a very safe manner. This means that treatment times are from as little as six weeks and up to sixteen weeks only. This can remove the need for veneers, reducing the biological and financial cost. Also veneers can leave in-standing teeth thick and bulky.

How about that? Often it is necessary to some very minor enamel stripping and re-contouring where the teeth touch to make a bit of space but this very minor indeed and is a fraction of a millimetre. The appliance was initially invented in the US but the technique has been developed here in the UK and is now spreading like wild fire across Europe and the rest of the world.

#### Eat What You Want And Kiss Who You Want

Because the brace is removable you do not have to avoid the food that you love that may break a fixed brace. Also for those times that you could really do without a brace in your mouth you can take it out (as long as you remember to put it back in so it does its job). Tooth cleaning is also a doddle because you can take it out. Now there are limitations with what the Inman Aligner can do but there have been lots of cases that I have seen over the last seventeen and a half years that it would have been perfect for.



Before



After only six weeks



Before



After Inman Aligner with Whitening and Bonding

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#### Celebrities Love It

This technique is really taking off with stars of stage, screen and the wireless. Am I showing my age now? It has been reported that Cheryl Cole had it done. If it's good enough for Cheryl. As you can see it can be used in conjunction with whitening and simple bonding to give a really great result with no or very, very minimal tooth grinding. How cool is that? The great thing, as well, is that it is a really cost effective treatment when compared to other treatment options.

I really hope that this has been of interest to you. I'm really blown away with it.



Later this month I'm off to Morocco on a dental adventure. I'm off with a group of dentists on a charity trip to do some much needed dental treatment for the Berber tribe. We'll be doing a bit off trekking and cycling through the hills to get there so I need to get fit. I've got a new hat already though.

My daughter starts the new football season this month. I do hope that they can win a league game this season. Good luck to them and Hull City. Until next month.

Take care and be good.

*Chris*

Chris Branfield is Principal Dentist at Castle Park Dental Care, 8-9 Castle Green, Cottingham, telephone 01482 848428. He has been in dental practice for 17 years and has a special interest in life changing dentistry with dental implants and cosmetic dentistry. [www.castlepark-dental.co.uk](http://www.castlepark-dental.co.uk)