

Friday 27 January 2017 /

I was referred to Vermilion – The Smile Experts for orthodontic treatment. At my first visit to the clinic for my initial consultation, I was very impressed. I was welcomed warmly by the reception team and asked to take a seat on their red sofa – which is amazing - in their very stylish waiting room. I immediately felt at ease and in the right place.

My initial consultation was with Specialist Orthodontist, Dr Tom Nasiopoulos, and was really an opportunity for me to outline what it was that I was hoping to achieve. He was very approachable and listened to me carefully. During the appointment, Dr Nasiopoulos explained the various different orthodontic options available to me including invisible aligners – or clear aligners as they are known in the industry. He also showed me before and after photographs of patients that he had treated in the past. Each were around my age with very similar objectives. This was an amazing moment for me, as the dream of achieving my perfect smile could at last become a reality!

The one benefit of coming to Vermilion that I discovered very quickly was their multi-disciplinary and collaborative approach. Not only would I benefit from wearing clear aligners, Dr Nasiopolous felt that I would need dental implants to help me achieve my dream smile. He arranged for me to have a consultation with his colleague and Specialist Oral Surgeon, Dr David Offord to discuss this and to have a panoramic radiograph to evaluate the bone in my mouth.

Wednesday 15 March 2017 /

Today, I met with Dr Offord to discuss whether I am a suitable candidate for dental implants. During the consultation, Dr Offord took a 3D impression of my jaw using this amazing technology – I was really impressed with the fantastic images on the screen in front of me!

Dr Offord explained that he would follow this appointment up with a detailed and full treatment plan along with a letter to both myself and my dentist that confirms my suitability for dental implants. He would map out the journey ahead – the clear aligners would move my teeth to the ideal positions and a total of four implant crowns would restore the gaps. The overall expected treatment time is 18 months, culminating in the smile I want!

Friday 24 March 2017 /

I met with Dr Nasiopoulos who gave me another scan using digital impressions which is basically like a wand that takes pictures of my teeth and mouth. This was a most pleasant change from the past messy and “gloopy” impressions that I had as a child. Dr Nasiopoulos explained that it’s also a lot more accurate - the joys of modern technology!

With all scans at hand, it was recommended that I be fitted with clear aligners, which straighten teeth without the use of any metal braces. An avid reader and researcher, I happily wiled away a few hours googling, researching and reading everything that I could find out about clear aligners. In the end, I felt informed and confident that I was making the right choice.

Wednesday 17 May 2017 /

The day had finally arrived! My new clear aligners were to be fitted! Rather than feeling nervous, I felt really excited about this as this was the beginning of the journey to achieving the smile I had always dreamed of. I met with Dr Nasiopoulos in his surgery and he fitted my clear aligners. Once he was happy with the fit, he removed them and showed me how to fit them myself, using a mirror to demonstrate. I put them in myself and I couldn’t believe how easy it was! Initially when they first went in, it did feel a bit tight but obviously as their function is to move my teeth, I accepted this was probably normal. This initial discomfort eased over a couple of days.

Thursday 18 May 2017 /

I popped back in to the clinic as overnight I had felt the aligner was rubbing against the gum above my central incisors. Dr Offord simply trimmed the aligner so it would fit more comfortably and immediately it felt perfect. It was easy and quick to have this amended.

Friday 23 June 2017 /

Today I was scheduled in to see Dr Nasiopoulos for the next part of my treatment plan. During this appointment, Dr Nasiopoulos “built up” eight of my teeth to aid the tightening of the aligners. This was quite a simple and painless procedure where he used composite material to build a little “peak” on each of these eight teeth to grip the aligners and increase the efficiency of my treatment. My aligners are much tighter now; it feels slightly less comfortable when I take it out to eat. However I am quickly getting used to it and I know it will benefit me in the long run.

Dr Nasiopoulos advised that, during this appointment, he wanted to also focus on straightening my midline. He filed one of my bottom teeth to help move them into the “space” that I have as a result of having teeth removed when I was a child. Again, this was painless and everything was done in a one-hour appointment.

The Journey so Far... /

At first, I have to admit that I did wonder how I was going to get on wearing my clear aligners every day. I was also a bit worried that they might be a bit of a pain at times. However, I am surprised how wearing them just fit into my busy routine: I sleep with them in, wear them at the gym, I socialise with them in - essentially, I wear them all the time (22 hours a day!). I just remove them to eat, as advised - which I think is a good thing. And you get a handy and discreet little box that you just pop them in to when you need to remove them to eat.

Generally, I am getting on really well with the clear aligners and I feel the treatment is really starting to work. I can feel that my teeth are moving and that my bite is changing, which is all part of the process of achieving my perfect smile. To date - and amazingly - no-one has noticed my aligners or even the new “peaks” as they are at the side of my mouth. Even my Mum and Dad haven’t notice! I was out for cocktails a week after my first fit and my friends didn’t know I was wearing them - they were amazed (and I think a few of them are even considering getting orthodontic treatment now!).