

# Clearly,

## THE NEXT LEVEL IN BRACES

**You do not have to be a teenager to consider tooth straightening. Even better, you can do it invisibly.**

**T**hirty-seven-year-old Ingrid Brann says she had never been happy with the spaces between her teeth.

“They were nothing crazy,” she allows, “but they always bothered me.”

Ingrid confides, however, that the thought of wearing braces as an adult did give her pause, and that it wasn't until she scheduled an appointment with Stephen G. Blank, DDS, who practices cosmetic and functional dentistry in Port St. Lucie, that she really began giving the idea serious thought.

“My initial motivation to see Dr. Blank had more to do with getting some quality general dental care, something I hadn't been keeping up with like I should,” she admits with an embarrassed giggle. “My first appointment with him was in the summer of 2009, and I definitely remember a great first impression when I walked in the office. It's very cozy and has a nice, warm feeling. The receptionist, Mary-Ellen, was especially friendly and made me feel welcome.

“Then when I met Dr. Blank, I had the same feeling about him.”

She observes that the office is also very professional.

“After my examination, I recall telling Dr. Blank that I'd never had such a thorough exam,” says Ingrid, “and I couldn't help but notice that he has the latest technology, which is reassuring. He was also very informative; I had many questions and he answered all of them.

“He really made me feel comfortable.”

“When we performed Ingrid's examination, we found not only that heredity had placed spaces between Ingrid's teeth but also that there were some discrepancies with her bite where her teeth didn't meet evenly at the same time,” recounts Dr. Blank. “All of her right molars were touching before the ones on the left did, then her teeth were shifting and moving forward, which helped increase the spaces in front by pushing her top teeth apart. We discussed getting her teeth into a better position so that they could function better without any shifting and also look better cosmetically.”

### Invisalign®

“Invisalign is an effective treatment option for patients with crooked or spaced teeth,



**STEPHEN G. BLANK, DDS**



**Ingrid says her results are awesome: “Invisalign aligners did just what Dr. Blank said they would, and no one even notices you are wearing them.”**

### INVISALIGN® - the alternative to traditional braces

- Nearly invisible when you smile
- Continue to enjoy your favorite foods
- Brush and floss normally
- Comfortable and effective
- Dr. Blank offers complimentary consultations for patients considering Invisalign.

so it works well for patients whose teeth are either spaced too closely together or are spread too far apart,” observes Dr. Blank.

Invisalign is an almost invisible method to straighten teeth without metal wires, traditional braces, or brackets, and the aligners are removable for eating and dental hygiene.

Ingrid says that she had done some research on Dr. Blank before she scheduled that first appointment: “So I knew beforehand that he was trained to do invisible removable aligners. The more questions I asked Dr. Blank about them, the more interested I became. I thought they would be easier than wearing braces, and at my age I thought I might as well do something nice for myself.”

“Once we determine that a patient is a good candidate for Invisalign, which Ingrid was, the case begins by taking x-rays and impressions of our patient's teeth,” explains Dr. Blank. “I submit the data, along with a written prescription describing the technical details and types of movements I want to accomplish, to Align Technology, the developer of Invisalign. Using 3-D computer technology, they digitize this information,

formulating a treatment plan showing the projected movements step-by-step. We work back and forth with the lab technician, looking at the requirements and evaluating the computer analysis.”

As soon as the dentist approves the plan, the Invisalign software determines the number of aligners the patient will require to straighten his or her teeth. A series of precisely customized clear plastic aligners are fabricated to achieve that goal.

The aligners are then sent back to the dentist. The patient is given the first set of aligners, which are worn for two weeks. Each aligner moves teeth incrementally, millimeter by millimeter, through a combination of movements, just like

crooked but who want veneers, Invisalign can be used initially to give the patient better alignment so that when we adhere the veneers, the cosmetic outcome will be much better.”

### Excellent results

“From day one,” reflects Ingrid, “most people never even noticed I had them in my mouth.

“When I first got them, I thought the process would be cumbersome,” she admits, “but within a couple of weeks



traditional metal braces do.

The aligners are very comfortable to wear. When patients first put them on, they feel like there is something tight over all of their teeth, but within a short time that dissipates. Patients can often tell which teeth are being moved.

Invisalign provides many advantages to qualified patients, points out Dr. Blank: “They can remove them to eat their meals so there are no food restrictions like there are with traditional braces. Patients can floss their teeth and brush them regularly because there is nothing in the way. The aligners are clear, so they are almost invisible. Patients report that their friends don't know they are wearing Invisalign aligners.

“And for patients whose teeth are very

everything became habit, so I didn't even think twice about it. Then, once I started seeing those results, I was looking forward to each new set of aligners because I wanted to see more and more results.”

Ingrid says her final results are “awesome. My teeth are straight. They're together. They look nice.”

Additionally, straighter teeth improve the bite, and overall health depends on good dental health. When people cannot chew food properly, it affects what they eat, how thoroughly they can chew, and how well they can digest. Dr. Blank is so pleased with the results his patients have gotten from Invisalign that he is offering complimentary consultations for interested persons. **FHCN—Kris Kline**

Dr. Blank invites you to visit his website at [www.PSLDENTIST.com](http://www.PSLDENTIST.com)

### Gold Medal Winner

**D**r. Blank was awarded four gold medals at the 2007 Florida Academy of Cosmetic Dentistry (FACD) Annual Scientific Session competition, which was designed to reward excellence in clinical cosmetic dentistry. The FACD is an organization devoted to seeking improvements in the science and art of cosmetic dentistry.



**Stephen G. Blank, DDS**, is a 1982 graduate of Northwestern University Dental School in Chicago. He has since completed intensive continuing education studies. Dr. Blank has studied TMJ under Mark Piper, MD, DMD, at the Piper Education and Research Center. He has completed the course continuum at the Dawson Center for Advanced Dental Studies. Dr. Blank was a clinical instructor with the Hornbrook Group, teaching dentists from all parts of the country in live hands-on courses on the various aspects of smile design, occlusion, full mouth reconstruction, and complete patient care. He is a facilitator/mentor with the Dental Boot Kamp program. Dr. Blank enjoys teaching dental teams around the country.

### View your own Virtual Smile Makeover

To learn more about *Invisalign* by Dr. Blank, go to [www.PSLDENTIST.com/invisalign](http://www.PSLDENTIST.com/invisalign). For a complimentary Invisalign consultation, call the office and ask!

### For that healthy smile

Dr. Blank and his staff look forward to meeting the readers of *Florida Health Care News*. For more information or to schedule an appointment, please call **(772) 878-7348**. His office is located at **184 NW Central Park Plaza** in Port St. Lucie.

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