The Inman Aligner...fact or fiction?

Dr Dominique Kanaan, certified Inman Aligner dentist, shares her experience of the Inman Aligner and gives some handy hints to facilitate success

How many patients have you had step into your clinic and say that they would like to improve their smile as they are going for a new job or are getting married soon... probably quite a few. It’s also likely that you’ve had just as many who want to improve their smile for no specific reason at all, other than they’ve always wanted to. Nothing wrong with that you might say... but at what cost?

10 years ago, I worked full time at Dentics’ flagship Cosmetic Dental Clinic (formerly Ora) at the world famous Selfridges department store in London. Although it was thought that all we did was tooth whitening, we actually carried out many smile makeovers as well as general dentistry. At the time, we were inundated with requests for various forms of smile enhancements. Is it any surprise when the public are faced with celebrities on the big screen, small screen and in various glossy (and not so glossy) magazines with perfectly white teeth and that infamous ‘Hollywood Smile’? In those days, there was no recession and smile makeovers were the order of the day... every day! Of course I didn’t carry this out on everyone that asked for it, but the WANT was there and the requests flooded in.

Although I believe that tooth whitening can be considered as a scalpel-free face-lift, porcelain veneers are definitely not - and that includes the thin or prepless variety.

Back then, adult orthodontics was not what it is today. Lingual braces were in their infancy and in the realm of the very few specialist orthodontists that had the skill and the will to carry out this innovative but tricky treatment.

There were various reasons why porcelain veneers were requested, but one of the most common in my experience was crowding in the anterior segment. Frequently this involved people who had worn fixed orthodontics as teenagers, but relapse had set in and a quick fix was requested and, a lot of the time, guess what was carried out... yes, veneers. Even in a recession, there still remains the substantial demand for cosmetic dentistry.

Having heard a lot about the ‘three-month wonder brace’ Inman Aligner, I thought to myself, could this really be as simple as it sounds and could this also be the answer to what I had always wanted in my Dentics days... a fairly quick fix to the same old problem of...
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IPR is best carried out using Brasseler VisionFlex metal perforated polishing strips in the following sequence (depending on space required and if needed): Yellow (Extra Fine, 15µ), Red (Fine, 50µ) and Blue (Medium, 5µ). You must always go back the other way and finish off with the extra fine yellow strip to ensure a smooth enamel surface. A fluoride mouthwash is also recommended.

The patient was reviewed every two-three weeks, depending on progress, and 15 weeks later he was delighted with the result. The patient was given the option of bonding to level the incisal edges off but he was happy to accept the final result as it was. The composite attachments were polished off and a wire retainer fitted. A 0.5mm Essix style clear retainer was made to fit over the wire retainer. This acts as a good back up in case the wire comes away, however the patient is instructed to wear this every night for the initial three months, reducing this to every other night and then once a week after the first year.

There has been much debate about whether ‘simple’ orthodontics can or should be carried out by GDPs. In my view, the key word here is ‘simple’. We are not reorganising the occlusal scheme, we are not moving molars and we are not extracting teeth. In fact, I see no downside to providing this treatment. Whether the Inman Aligner is used as a standalone treatment, before whitening, bonding or even veneers, one thing is for sure, it simplifies treatment and allows minimal preparation or no preparation at all. Not offering tooth alignment, in my opinion, verges on negligence. It is not a question of ‘should we be providing this treatment option?’ We must provide it.

So is the Inman Aligner the Real Deal? It sure is.

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### About the author

Dr Dominique Kanaan achieved a Diploma in Hypnotherapy and most recently she has become a Licentiate of the Faculty of Homeopathy. She enjoys all aspects of dentistry but, after working in a leading highly cosmetic dental clinic in selfridges, has focused her interests in the field of cosmetic dentistry. She is well known in the cosmetic dental arena and to keep up to date with the very latest techniques, attends courses both national and internationally, and is a full member of the British Academy of Cosmetic Dentistry. Dr Kanaan has also teamed up with her husband Zaki and is a Clinical Director of S2 Dental Seminars, running a renowned whitening course in specifically team dentistry, bleaching agents and therapies in the latest tooth-whitening techniques.

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