

SEPTEMBER 2023



## Fixed braces and Invisalign: Choosing the Right Orthodontic Treatment

Two popular options for straightening teeth are traditional fixed braces and Invisalign clear aligners. Each of these methods has its advantages and is best suited to different individuals based on their needs and preferences.

**Fixed braces** consist of metal brackets that are bonded to each tooth and connected by wires. This method has been around for decades and remains highly effective in correcting various orthodontic issues.

**Effectiveness:** Fixed braces are known for their ability to address even the most complex dental problems, including severe misalignments and bite issues. They provide consistent pressure on the teeth, gradually moving them into the desired position.

**Visibility:** One of the most significant drawbacks of fixed braces is their visibility. While traditional metal brackets are now available in near invisible clear ceramic material, the brackets and metal wires are easily noticeable. This can affect self-confidence, particularly among teenagers and adults.

**Maintenance:** Maintaining fixed braces requires extra care when cleaning and avoiding certain foods that can damage the brackets or wires.

**Invisalign**, on the other hand, is a modern alternative to traditional braces. It utilizes a series of clear, removable aligners that are custom-made to fit your teeth.



**Appearance:** Invisalign aligners are nearly invisible when worn, making them a popular choice for individuals who prefer a discreet orthodontic treatment. They are an excellent option for adults and teenagers who want to straighten their teeth without drawing attention to their orthodontic treatment.

**Comfort:** Invisalign aligners are generally more comfortable than traditional braces. There are no sharp wires or brackets to cause irritation to the mouth, and adjustments are made by simply switching to the next set of aligners.

**Convenience:** Invisalign aligners are removable, allowing for easier cleaning of both the aligners and teeth. You can also remove them for special occasions or when eating, which means no dietary restrictions.



### Who is Best Suited to Each?

Fixed Braces are ideal for individuals with complex orthodontic issues, such as severe misalignments or bite problems. They provide precise control and are generally more cost-effective than Invisalign for extensive treatments.

Invisalign is suitable for those with mild to moderate orthodontic issues, as well as individuals who prioritize aesthetics and comfort. It's an excellent choice for adults and teenagers who want a discreet and convenient treatment option.

[Book An Orthodontic Consultation](#)


Refer a  
**FRIEND**

If you refer a friend to the practice who books in for an exam and hygiene, let us say thank you with a £25 gift voucher from **Selfridges, Amazon** or **Space NK**.


Just tell your friend to let us know you referred them and we'll get in touch to ask for your choice of voucher.

# Hear From Our Lovely Patients...

Feedback from our patients allows us to learn and continuously improve. It makes our jobs all the more satisfying when we hear lovely words from you!

 **Valentina Ferrer**  
14 reviews · 5 photos  
★★★★★ a year ago

Dr. David Tissera is the most kind man, I am a little apprehensive to dentistry, but he gave me confidence and was so sweet in reassuring me. But the best part is that he healed a teeth I was having pain for years. Thank you, Dr David!

 **R Ally**  
6 reviews  
★★★★★ 6 months ago

Excellent service! Staff are always soo polite especially Uma (receptionist) and Don (practice manager). They are are very attentive and go above and beyond to ensure you are comfortable. Ask for Dr Ilaria and Stefanie very honest, and execute everything with precision and perfection.



## How To Keep Your Teeth Healthy: Dental Hygiene At Home

Maintaining good oral hygiene is essential for overall health, and home dental hygiene tools have come a long way in helping individuals achieve this goal. From toothbrushes to flossing aids and more, the dental industry has witnessed significant advancements in recent years. As a dental practice, we understand the importance of these innovations in promoting better oral health among our patients.

**Electric toothbrushes** have gained immense popularity due to their efficiency in removing plaque and reducing the risk of gum disease. Modern electric toothbrushes come equipped with various features, including timers and pressure sensors, ensuring that users brush for the recommended two minutes and don't apply excessive force that could harm their gums and enamel.

In the age of technology, **smart toothbrushes** have made their way into households. These devices connect to smartphone apps, providing real-time feedback on brushing technique. They can track brushing duration, identify missed areas, and even remind users to replace their brush heads.

**Traditional flossing** can be cumbersome for some individuals, but water flossers offer a convenient alternative. These devices use a jet of water to remove food particles and plaque between teeth and along the gumline. They are particularly beneficial for people with braces or dental work.

**Interdental brushes** have become increasingly popular for reaching tight spaces between teeth. They come in various sizes to accommodate different gaps and are an excellent addition to daily oral hygiene routines.



Maintaining a clean tongue is crucial for overall oral health and preventing bad breath. Modern **tongue scrapers** are designed to be gentle yet effective in removing bacteria and debris from the tongue's surface.

Some innovative tools now allow individuals to monitor their dental health at home. These **dental devices** can detect issues like cavities and gum disease early, allowing for timely intervention and preventive measures.

To make oral care more convenient, **subscription services** for toothbrush heads, floss, and toothpaste have emerged. These services ensure that individuals always have fresh supplies on hand without the hassle of regular shopping trips.

While advancements in home dental hygiene tools have made it easier than ever for individuals to maintain excellent oral health, it is important to still visit the hygienist at least every 6 months so they can make sure all your hard work is paying off!

[Book Your Hygiene Appointment](#)

Ask for AirFlow

HYGIENE  
DAYS @  
AURA

Tuesdays  
Fridays  
Saturdays

# Making Your Dental Care Easier To Manage

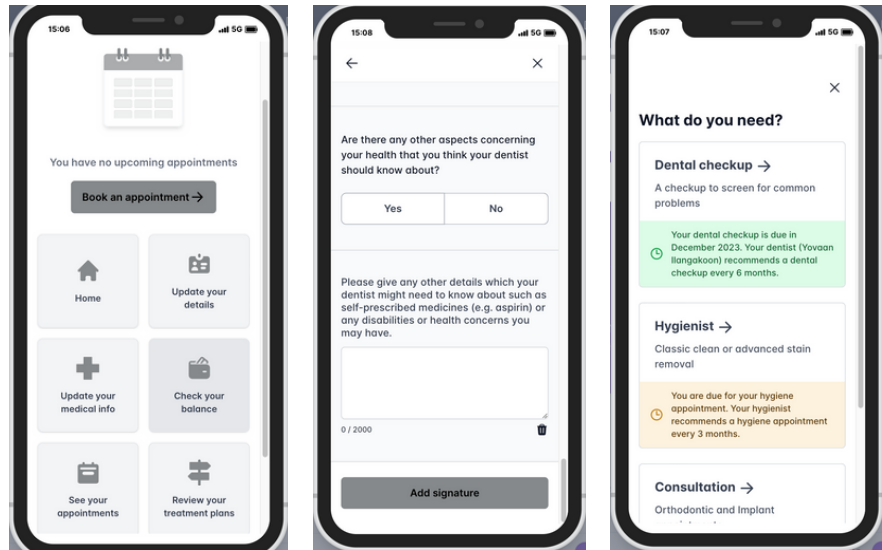
Visiting the dentist is not something we all like, or want to do. So we are constantly trying to find ways to make managing your dental care quicker and easier. Here are some the things we have introduced:

**Online Booking** - booking online through our patient portal allows you quickly and easily check availability and book at your own convenience.

**Online Medical & Consent Forms** - you can now view and sign your forms on our patient portal before your appointment, in your own time and at your own convenience.

**SMS Appointment confirmations** - We'll send you an SMS 3 days before your appointment to confirm attendance. Just reply with a simple 'yes' or 'no' to confirm, and avoid late cancellations fees.

**Update Personal Details** - need to change a name, address or other contact detail? Just access the patient portal to make these changes quickly and easily without having to call up the practice



[Click here to access the patient portal.](#) For existing patient, log in using your phone number and password (if it's the first time logging in, you'll be prompted to choose a password). A verification code will be sent to the mobile phone we have on file for you for security purposes. If you have any issues, just give us a call at the practice.

## The Aura Team

As we approach the end of year, there will be a few changes to the days some of our Dentists' work at the practice.

From October until the end of the year, **Dr. Ilaria Mestroni** will be at the practice on alternate Wednesday's. Don't worry if you are already in treatment with Dr. Ilaria, we will make sure she is still able to see you during this period.

In mid October, **Dr. David Tissera** will be at the practice on Thursdays and Fridays every week. He will also be available on the first Saturday of each month.

Also in October, you will find **Dr. Daniel Caldwell** at the practice every Tuesday and on alternate Saturdays.

You will still find our other clinicians on their regular days:

**Dr. Yovaan Ilangakoon** is in every Wednesday.

**Dr. Rhianna Mohindru** is in every other Monday

**Maya Samuel, Nicola Johns** and **Stacianne Tennent**, our Hygienists are in every Tuesday, Friday & Saturday respectively.

See You Next Month!