



Ask Dr. Grant



DR GRANT IS A RENOWNED COSMETIC DENTIST TREATING PATIENTS BOTH NATIONALLY AND INTERNATIONALLY, THE ONLY COSMETIC DENTIST IN THE REGION GRANTED PRACTISING PRIVILEGES AT NUFFIELD HOSPITAL, EXETER

Inman 'Speed Brace' – what's the story?

What is it?

The Inman aligner (often called the 'speed brace') is an amazingly quick and simple way of straightening your top and or bottom front teeth. It's been dubbed 'the missing link between orthodontics and cosmetic dentistry' and 'the greatest innovation in cosmetic dentistry since the porcelain veneer'.

How does it work?

It uses opposing pressure: a lingual coil spring puts pressure on the teeth that need aligning while a labial bar reverses the same pressure. This gentle and constant pressure pushes in teeth that are sticking out and pushes out those that are set back. It must be worn at all times, except when eating.

What happens?

You'll need to visit an Inman-certified dentist to assess your suitability for treatment. You'll then be given an indication of costs and treatment time, including a model of the likely finished effect after treatment.

Who does it work best on?

Patients who either have had orthodontic treatment as a child and relapsed through not wearing a retainer, or who have crowding of the top or bottom front

teeth only. It's not suitable for everyone, namely those with heavy crowding in both arches, poorly positioned K9s and or back crowding. A thorough examination is therefore vital: some patients can only use fixed braces to get a result, others need Invisalign (discussed last issue).

What about results?

Inman works much faster than alternative techniques provided it's worn every day throughout treatment. Typically, front teeth can be straightened in six to 16 weeks, but a noticeable improvement can be seen in as little as two weeks. It also cuts down the need for veneers to align teeth:

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after using it, patients may require, say, two veneers rather than 10, or none at all.

Any limitations or downsides?

Inman can only treat front top and bottom teeth; it can't treat all your teeth (full arches), unlike traditional or invisible braces. Like other orthodontic appliances, it can feel a little uncomfortable and your speech may be slightly affected for the first few days, but you should quickly acclimatise.

Cost?

Generally much less than traditional or invisible braces – typically £1,500 per arch – although costs will depend on the number of visits needed and the complexity of the case. Make sure you get confirmation of the treatment cost before you start, preferably in writing. As ever, go for trust and experience, not cost. **DL**

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