

Straighten Your Teeth With Invisalign

What is Invisalign?

Invisalign® straightens teeth to give you the confidence of a great smile. Using a series of clear, virtually invisible aligners, Invisalign gently and gradually moves your teeth based on the treatment plan prescribed by your dentist.

There are no wires or brackets so you'll have confidence in your smile during and after treatment. In fact, most people won't even know you're wearing Invisalign. And, Invisalign aligners are removable so you can eat whatever you want and easily brush and floss as you normally would.

How does Invisalign Work?

The virtually invisible aligners, which are made of a thermoplastic material uniquely developed for the Invisalign treatment plan, look similar to teeth-whitening



Our patient receiving her aligner

trays. A series of Invisalign aligners are custom-made for you, to move your teeth in the sequence determined by your doctor. Each

set of aligners is worn for about two weeks before moving onto the next set of aligners in your treatment plan.

Do I need to wear my aligners?

It is recommended that you wear your aligners for 20-22 hours per day and only remove them for eating or drinking, brushing and flossing.

Does Invisalign really work?

Yes! Over 1.5 million patients with a wide variety of dental challenges have been treated with Invisalign worldwide.

For more information, visit Invisalign.com, or inquire with our office today!

Did You Know?

Taken from www.knowyourteeth.com

- **The first toothbrushes were small sticks or twigs mashed at one end to create a broader cleaning surface. The Chinese lay claim to the first bristle toothbrush. Europe adopted the bristle brush in the 17th century, and many dentists practicing in colonial America advised their patients to use the brush.**
- **Toothpaste also saw its earliest form in ancient civilizations. Early toothpaste ingredients included powdered fruit, burnt or ground shells, talc, honey and dried flowers. Less agreeable ingredients included mice, rabbit heads, lizard livers and urine. Despite the decidedly non-minty flavor of early toothpaste, various recipes continued to appear throughout ancient history and well into the Middle Ages.**

News Around The Office

Annual Christmas Draw

We are proud to say that we had another successful year with our Christmas basket draw, raising \$747.00 that we donated to Crossroad's women's shelter. Thank you to all of you that bought tickets to help in supporting this worthwhile cause. Congratulations to Amelia V. who was the lucky winner of our beautiful Christmas basket!

Team Christmas Party

The staff at Dr. Judith Buys and Associates had a great day together for their Christmas party, and now are all a little more auto savvy too! They started the day off at Trent Valley Honda where Constable Pitts did a safety talk and throughout the day the ladies learned roadside safety and watched demonstrations on how to change a flat tire, check fluid levels and much more. Then they continued on for a lovely Italian dinner at the new Dolce Vita restaurant downtown Peterborough. The ladies were very happy to receive Pandora bracelets from Dr. Buys with a car charm!



Congrats to the Newlyweds

We would like to congratulate our hygienist Val on her marriage to Marc on December 28! We are so happy for them and wish them all the best!

Dental Emergencies

Taken from www.knowyourteeth.com

It's never a good time for a dental emergency.

There are ways to avoid injury to your teeth and gums such as avoid chewing ice, popcorn kernels and hard candy, all of which can crack a tooth; chew hard foods, such as nuts and peanut brittle, slowly; do not use your teeth to open or cut any type of hard shell; and avoid using your teeth as scissors on tape, packaging or ribbon. But accidents do happen.

We try our best to accommodate emergencies during our business hours. Also in Peterborough there is always a Dentist on-call for after hour emergencies. If you cannot reach our office, you can call

705-748-8500. Leave a message and you will receive a call back from the dentist on call for that day.

Dr. Judith Buys • Dr. Verona Sulja • Dr. Koren Bennetts

681 Reid St. Peterborough, ON K9H 4H8

705.749.0133

Hours: Monday-Wednesday 7:30 am-5:00 pm, Thursday-Friday 8:00 am-5:00 pm

NEW PATIENTS WELCOME