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shoreline
orthodontics

smiles
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YOUR DOCTORS



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INVISALIGN AND THE EXTRACTION OF A LOWER INCISOR

It is not uncommon for adults to present with significant lower anterior crowding and minimal upper crowding. Lower anterior crowding worsens as we age because the anterior mandible narrows over time. A single lower incisor often makes a good extraction choice in these cases, particularly if the upper lateral incisors are undersized. The decision on which incisor to extract depends on several factors including tooth displacement, tooth wear, gingival health and root position of surrounding teeth.

If the root divergence following the extraction of an incisor is significant it is advisable to align the roots with a short course of lower anterior bracketing. Despite recent advances, Invisalign still struggles with root alignment. In approximately four months the lower anterior teeth and their roots are aligned and the treatment can be completed with routine Invisalign care.

We have two case examples. The first demonstrates a patient where the root alignment following an incisor extraction allowed for the use of Invisalign from start to finish. The second case shows a patient in which the root alignment, particularly of 3.3, required a 'jump' start with lower anterior brackets.

At Shoreline we have been using Invisalign since 1999. We confidently use Invisalign to treat

INVISALIGN - ALIGNERS ONLY



INVISALIGN - WITH LIMITED LOWER BRACKETING



SHORELINE ORTHODONTICS FAMILY WOULD LIKE TO EXTEND A WARM WELCOME DR. ERIN EYER

Dr. Erin Eyer comes to us from Western University in Ontario where she completed her three-year orthodontic residency. Dr. Eyer is originally from Winnipeg, Manitoba where she obtained her Bachelor of Science and received her Doctorate of Dental Medicine (DMD) at the University of Manitoba in 2007. Dr. Eyer practiced as a general dentist in Manitoba for seven years before deciding to pursue her passion in orthodontics. After hearing so many great things from past fellow student and

Shoreline Practicing Partner, Dr. Michelle Kosmowski, Dr. Eyer quickly accepted a Practice Partner Position in the Nanaimo Office.

Dr. Eyer will be working side by side with Dr. Paul Helpard in our Comox Valley Office for her first three months with us and then she will transition to the Nanaimo Office. She and her husband, Konnor and their infant son Bennett, are excited to call the Nanaimo Area home.



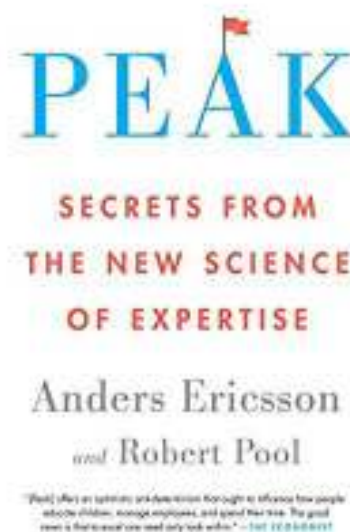
PEAK - BY ANDERS ERICSSON AND ROBERT POOL

Contrary to the popular belief that natural ability plays a large part in determining performance, just about anyone can acquire specialized skills if they practice hard and correctly.

Practice must be 'purposeful' to achieve success. Purposeful practice is a technique that pushes you to build skills through several mechanisms including setting clear, specific goals, being focused, leaving your comfort zone and receiving constant feedback.

Purposeful practice is deliberate. This means practicing with a well-defined process guided by an experienced coach. There is no evidence that 'innate' talent exists. Even Mozart, who was highly accomplished as a teenager, actually had a decade of honing his skills under the guidance of his father who was also a composer.

As dentists and dental auxiliaries the same applies to our skills. Attending advanced study programs, study clubs and having a mentor are great ways to perform at your peak.



GET IN TOUCH

Did you know? Every photo used in our material is an actual Shoreline patient.

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