



Complete Invisalign Guidebook

By The Dental Team @ NoFrills Dental

Disclaimer: This guide is NOT sponsored by Invisalign. Information/opinions in this guide, are expressed as a collective of the dentists at NoFrills Dental.



content

About Invisalign	04	Getting Started	24
Invisalign Costs	08	A.I. Monitoring	26
Subsidies	12	Retainer Options	25
Other Brands	14	Other FAQs	27
Relapse Cases	17	Next Steps	30
Treatment Duration	18	About NoFrills Dental	33
Invisalign vs Braces	21		



Our dentists have seen many patients with questions and misconceptions about Invisalign, clear aligners treatment and conventional braces. In this Invisalign complete guide, we aim to clarify these myths and misconceptions to empower you with the right knowledge to make a well-informed decision before starting your Invisalign treatment.

This complete guide will provide you with everything you'll need to know about Invisalign, including common questions such as:

- **Costs of Invisalign Treatment in Singapore**
- **Different Types of Invisalign Treatment Available**
- **Differences Between Braces & Invisalign**



What is Invisalign?

Invisalign Treatment is the **clear alternative to traditional braces** when it comes to straightening teeth

Invisalign braces treatment is an orthodontic clear aligner system designed to facilitate the adjustment of teeth for optimal dental occlusion (straighter teeth, better bite, better smile). This treatment involves the use of a series of FDA-approved plastic clear aligners.

The Invisalign system has been designed to be an alternative to conventional braces, allowing patients to achieve the smile that they've always wanted without the conventional metal brackets.

When worn, these plastic clear aligners are virtually invisible, on top of this, these aligners are easily detachable for daily activities, including drinking, brushing, eating, and special activities.

These aligners have no bands or metal wires that irritate the mouth, patients can wear them conveniently and comfortably. Each clear aligner is fully customised to the patient and they fit comfortably over teeth. The aligners are designed in a series and gradually shift teeth into a pre-planned position over time with the change of each aligner. There is a common misconception that Invisalign clear aligner treatment is only suitable for patients with mild orthodontic issues.

The truth is that Invisalign treatment is able to correct a wide variety of malocclusion problems.

“
Invisalign has the ability to effectively address these common occlusal issues; Spacing, Open Bites, Cross Bites, Over-Jet, Under-Bite, Deep Bite and Crooked Teeth.
.....



Why Choose Invisalign?

Invisalign has the ability to effectively provide patients with a **convenient and hassle-free solution** to perfectly aligned and straight teeth that we know they'll love.

Comfortable to Wear

Since Invisalign is made of smooth polymer that fits snugly over your teeth, you will not experience any irritation to your gums or surrounding tissues! Neither will there be any wires poking your gums.

Good Oral Health

Invisalign is the most ideal in promoting oral hygiene among other types of braces. This allows you to carry out your healthy dental brushing and flossing habits as per normal to keep your gums and teeth in optimal health.

Reduced Clinic Visits

Unlike traditional braces where you need to visit your doctor every 3-4 weeks to make adjustments, Invisalign treatment frees up your schedule by only requiring visits to the clinic once every 6-8 weeks.

Accurate Timelines

Invisalign treatment allows you to visualize every stage of the treatment, giving you a clearer picture of the treatment duration.

Virtually Invisible

Being virtually invisible, Invisalign allows you to smile naturally and comfortably all the time as your treatment takes place secretly!

Highly Aesthetic

Patients love Invisalign treatment because it doesn't affect their bright smile throughout the entire treatment.

Convenient

With Invisalign, you don't need to worry about any dietary restrictions nor interferences with sports or other activities. You can continue living your life fuss-free!

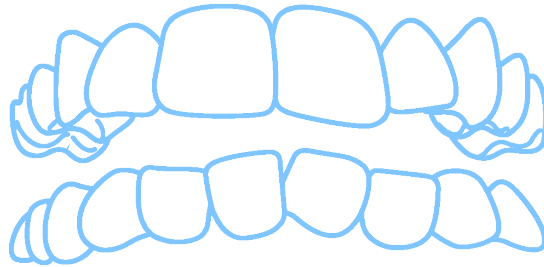


Straightening out dental problems

Achieve your ideal smile while living the life you love

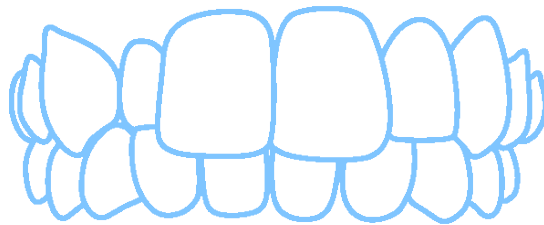
Crowding

Crowding is when you don't have enough room in your jaw for your teeth to fit normally. Your teeth can bunch up, overlap and twist, sometimes getting pushed to the front or the back.



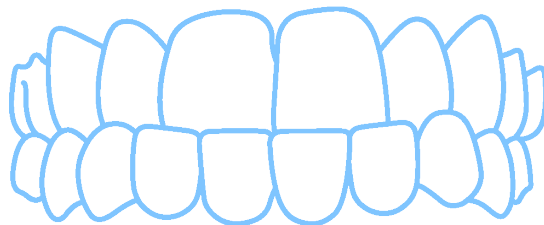
Cross Bite

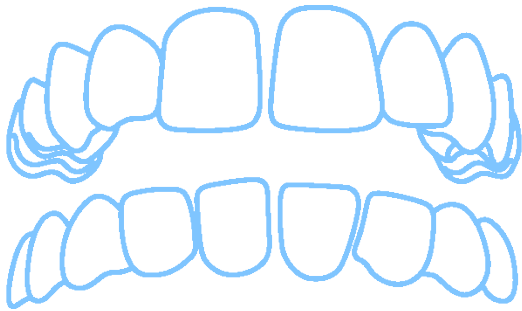
Cross bite is the orthodontic condition where patients have some of their upper teeth sit behind their lower teeth when the mouth is closed. – Rather than on the outside like they normally would. This condition may lead to abnormal wearing of teeth and even chipping.



Under Bite

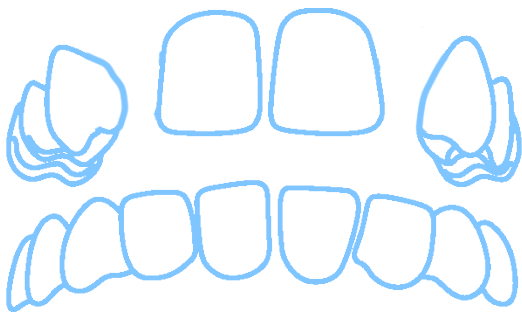
An under bite is a condition when your lower teeth and jaw protrude in front of the upper teeth. Severe cases may cause difficulty biting or chewing food or challenges when speaking.





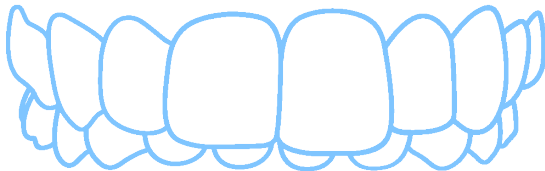
Spacing

Spacing is when you have extra space between two or more of your teeth. It may not look nice and can cause food to be trapped easily during eating, which may result in tooth decay and gum problems.



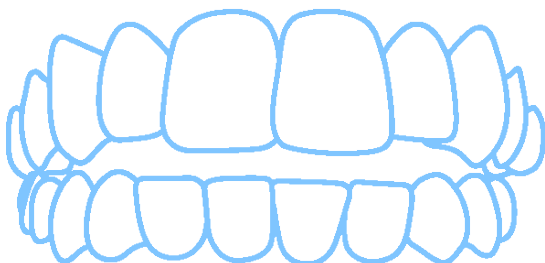
Missing Teeth

Certain types of spacing caused from missing teeth can be closed through the use of Invisalign treatment. These spaces may appear unattractive and if the spaces are large, they can cause speech problems.



Over Bite

An excessive overbite is when your upper front teeth cover too much of your lower front teeth. The lower front teeth may cause trauma to your upper gums.



Open Bite

An open bite is when your upper and lower teeth don't touch when your mouth is closed. An open bite may affect your appearance and may cause speech problems like having a lisp.

Invisalign Cost in Singapore?

Here's what you need to know about Invisalign pricing

In Singapore, Invisalign treatment costs range from about \$4500 - \$8000 when performed by a general dentist. The cost of Invisalign lies between \$7000 - \$9500 for treatment by an orthodontist (braces specialist). Some dental clinics are able to quote lower prices (i.e. in the \$3500 to \$6000 range) because they do not include pre-treatment, mid-treatment and aftercare expenses, for example: Dental X-Rays, Treatment Plan and Retainers.



Most importantly: If you were quoted a lower price, do ask your dentist if it includes refinement costs to achieve a better treatment result. This may involve changing of attachments and a re-scan or re-impression, followed by a new series of aligners at the end of your original course of treatment. Ultimately, the actual cost of your Invisalign treatment will depend primarily on your individual case needs.

Simpler cases require fewer aligners, while more complex cases require more aligners, so it may be helpful to get a personalised cost estimate from a few different dentists. In general, Invisalign treatment that takes 1 year will be far less costly than treatment that takes 2 or more years.

“
Invisalign costs range from about \$7000 - \$9500 in total for treatment by an orthodontist
.....

“
Invisalign costs range from about \$4500 - \$8000 in total for treatment by a general dentist
.....

How much does the Invisalign consultation cost?

Most Invisalign consultations cost \$50-\$100 on average. This excludes the records that may be taken on the consultation visit should you choose to go ahead with Invisalign treatment plan. Some clinics do absorb the consultation fees if you decide to proceed with Invisalign Treatment.

Do remember to ask the front staff on the phone about the consultation fees before you make an appointment.



What accounts for the difference in Invisalign pricing?

The price of Invisalign is highly dependant upon the complexity of the movements required during treatment.

The complexity correlates with the number of aligners required for treatment and the duration of treatment.

Invisalign treatment options are broadly divided into 4 categories:

- **Comprehensive**
- **Moderate**
- **Lite**
- **Express**

These categories demarcate the number of aligners manufactured for you, and by extension, the laboratory fees that your dentist has to pay to Invisalign. **More details can be seen in the table below.**

As explained, the main differences in cost are due to complexity and your case requirements.

If your case requires a lot of tooth movement (ie. more aligners), or tooth extractions to create space to correct crowding or protrusion, this will usually result in a longer treatment time and require a comprehensive treatment option.

On the other hand, you may be suitable for an Invisalign Lite treatment if you only have minor crowding (Eg. if you had previous braces treatment but your teeth have relapsed).

You should definitely consult a dentist to see which treatment package is more suitable for you.

	Comprehensive	Moderate	Lite	Express
Aligners (per arch)	As many aligners as needed to reach the clinical goal.	Up to 26 aligners	Up to 14 aligners	Up to 7 aligners
Treatment and clinical parameters	Moderate to severe crowding/ spacing, vertical and anteroposterior discrepancies, pre-restorative.	Mild to moderate skeletal discrepancies, crowding, spacing, vertical discrepancies, pre-restorative treatment.	Mild crowding/ spacing, non-extraction, pre-restorative.	Treatment of relapse and very minor movement.
Additional Aligners	Unlimited sets of Additional Aligners can be ordered prior to treatment expiration date.	Unlimited sets of Additional Aligner included for free in the first 2 years after shipment date of primary orders. (A charge would be incurred for orders in the third year).	Two Additional Aligner sets included, available prior to treatment expiration date.	One Additional Aligner set included, available prior to treatment expiration date.
Treatment expiration	5 years	3 years	2 years	1 year

Express, Lite, Moderate or Comprehensive Treatment?

As a general rule-of-thumb, each Invisalign aligner is able to achieve about 0.25mm of tooth movement. Your dentist/orthodontist will determine which treatment option is best suited to you based on the amount of tooth movement required. However, virtual planning/simulations and actual outcomes are two different things altogether. What happens on the computer screen can be quite different from what happens in a patient's mouth.

The virtual treatment plan is a prediction of how your teeth will move, and sometimes teeth may move slightly differently from the plan. When this happens, more aligners may be needed to achieve the desired result.

Consequently, most dentists prefer to choose a treatment option that allows for a reasonable degree of error, rather than having to get their patients to pay more for additional aligners down the road.



The treatment package required depends on the complexity of your case.





Subsidies or discounts for Invisalign treatment?

Unfortunately, you can't make use of Medisave to pay for Invisalign treatment as it's not considered a surgical procedure.

This is a common question that our dentists get all the time. **Unfortunately, there are also NO subsidies from the Ministry of Health for braces treatment or Invisalign treatment** in government hospitals, tertiary institutions or in private clinics in Singapore.

The main rationale for this is that Invisalign treatment is considered to be “elective”, meaning that treatment is ‘not strictly necessary for basic dental health’ and not doing the treatment would not affect basic functions. It will be hard to justify using tax-payers’ money for a procedure that doesn’t require immediate attention as compared to, for example, a surgical extraction for wisdom teeth.

Hence if you choose to do Invisalign for aesthetic reasons, you will have to pay for the treatment yourself.

What about dental insurance for Invisalign?

Dental coverage for braces is usually an additional benefit that does not come as standard on most health insurance plans.

Furthermore, Invisalign treatment is considered an aesthetic orthodontic treatment and is usually not covered even with a dental cover in your insurance plan.





Will Invisalign treatment be shorter and cheaper if I have previously had braces/aligner treatment but my teeth moved back?

Relapse cases are patients who previously underwent braces/aligner treatment but their teeth have moved after completing Invisalign treatment as they did not wear retainers.

The price of relapse cases will depend on the complexity/severity of the relapse and the final desired outcome that you have.

Typically, these “relapse cases” are not too complex and your Invisalign treatment should not take as long as your original braces/clear aligner treatment. However, patients should understand that the amount of treatment time required for relapse cases, as well as the associated costs, will depend on:

- The amount of relapse that has occurred (The distance that the teeth have been shifted).
- The type of tooth movement and time required to move teeth to an ideal position.

Do note that treatment time may be shorter (eg. 8 to 10 months instead of 18 to 24 months), but costs may not be cheaper if it still falls under an Invisalign Moderate or Comprehensive case.

To better understand your current dental condition, you can explain your case directly to a dentist, who will then be able to advise you on treatment time and costs.

If the shifting of your teeth is mild, then of course you will have other options to realign your teeth, such as Invisalign Express, Invisalign Lite, and in-house aligners.



How fast does Invisalign work?

The average Invisalign treatment course takes about a year, but most of the patients start seeing some improvements after wearing their aligners for 2 – 3 months. For the best results, patients are advised to wear their aligners for 20 - 22 hours a day.

Traditionally, patients are typically instructed to change their aligners once every two weeks, which means that most patients would have a total treatment time of 1-2 years, depending on the number of sets of aligners they were issued.

However, given the rise of newer clear aligner technologies in Invisalign, patients can change their aligners on a weekly or 10 day basis. This has helped to significantly reduce the overall treatment time.

Whether you are eligible for a more frequent change of aligner depends on factors such as:

- How well you wear your aligners
- How difficult your tooth movements are
- Whether you require extractions
- Your age - teeth generally move faster in younger patients as compared to older patients, due to higher cell activity and lower bone density

In general, the patients would start with changes every two weeks, with some being able to reduce the number of days between changes according to their progress and amount of wear.

Do the results of Invisalign treatment last forever?

Yes, results from Invisalign treatment do last forever, but only if patients wear their retainers regularly. This applies to ALL types of orthodontic treatments, including traditional braces. The purpose of retainers is to hold the teeth in their new position. Without retainers, teeth WILL shift, and patients will lose the great results which they had worked so hard to achieve.

To us, patients' compliance with retainer wear after Invisalign treatment is more important than the Invisalign treatment itself. Our dentists see so many patients coming in for orthodontic treatment a second or third time, simply due to a lack of retainer wear.

“

The final results from Invisalign Treatment are permanent. These results can last forever as long as patients use retainers to hold their teeth in this final position.



The total treatment time for Invisalign and traditional braces is the same

Overall, the treatment time between the two is not very different, despite what most people believed about Invisalign taking longer.

Our dentists always mentally prepare their Invisalign patients that they may not see their teeth straightening out so quickly at the beginning. This is because teeth alignment are always planned in stages, for example, sometimes space need to be created at the back to allow the crowded front teeth to be pushed into alignment.

The staging of teeth movements also applies to conventional braces. However, with conventional braces the wires are always applying forces to move the teeth, hence ensuring a more certain result, whereas the effects of Invisalign is very dependent on whether the patient is wearing their aligners for enough hours every day. If used according to dentist instructions, you will definitely see results in time. **If you've had friends who told you that their Invisalign treatment took much longer, it is likely because they were not very obedient with following their dentist's instructions!**

What our dentists have found in their patients is that after the novelty of Invisalign wears off, people tend to get lazier with their aligner wear, which causes their teeth not to move as well as before, in turn resulting in the need for additional aligners and treatment time.



What are the advantages of Invisalign over traditional braces?

This is a comparison between the two treatment options.

	Invisalign	Traditional fixed braces
Appearance	Virtually invisible/clear	Metal or ceramic braces cemented on the outer surfaces of teeth
Maintenance of teeth	Easy maintenance, aligner can be removed when brushing	More difficult in maintaining good oral hygiene, more time required during brushing and flossing
Maintenance of appliance	Easy maintenance, simply brush aligners to keep clean. Change to new aligner every 1 - 2 weeks	Good brushing required for brackets and wires, special brushes, floss required. Waterpik devices recommended.
Special precautions when eating	None, aligners are removed when eating	Advised to avoid eating hard and sticky foods, may need to cut food up into smaller pieces at times
Breakage of appliance	Rarely. Sometimes tearing of the aligners may occur at areas where the teeth are very crooked. Attachments may dislodge occasionally	If not careful when eating, brackets or braces can break off, or the wire may distort, requiring an extra visit to the orthodontist
Comfort	Less initial pain, forces are applied gradually over the period of wear	More initial force on the teeth after adjustment hence more initial pain
Frequency of review visits	Less frequent visit required, range from 4 - 10 weekly	Every 4 weeks/once a month
Ability to treat all types of cases	Difficulty with complex cases such as very deep bite cases, cases requiring jaw surgery. Not impossible, but may require a short period with fixed braces to assist treatment	Able to treat all types of cases
Compliance dependency	Very dependent on good aligner wear of 20 - 22 hours. Good oral hygiene needed	Minimal compliance required with braces but very good compliance with oral hygiene needed
How long treatment will take	Depends on complexity of case, age of the patient and how well aligners are worn	Depends on complexity of case and age of the patient
Need for retainers after treatment is completed	Yes!	Yes!
Cost	Higher cost (due to lab fees)	More economical

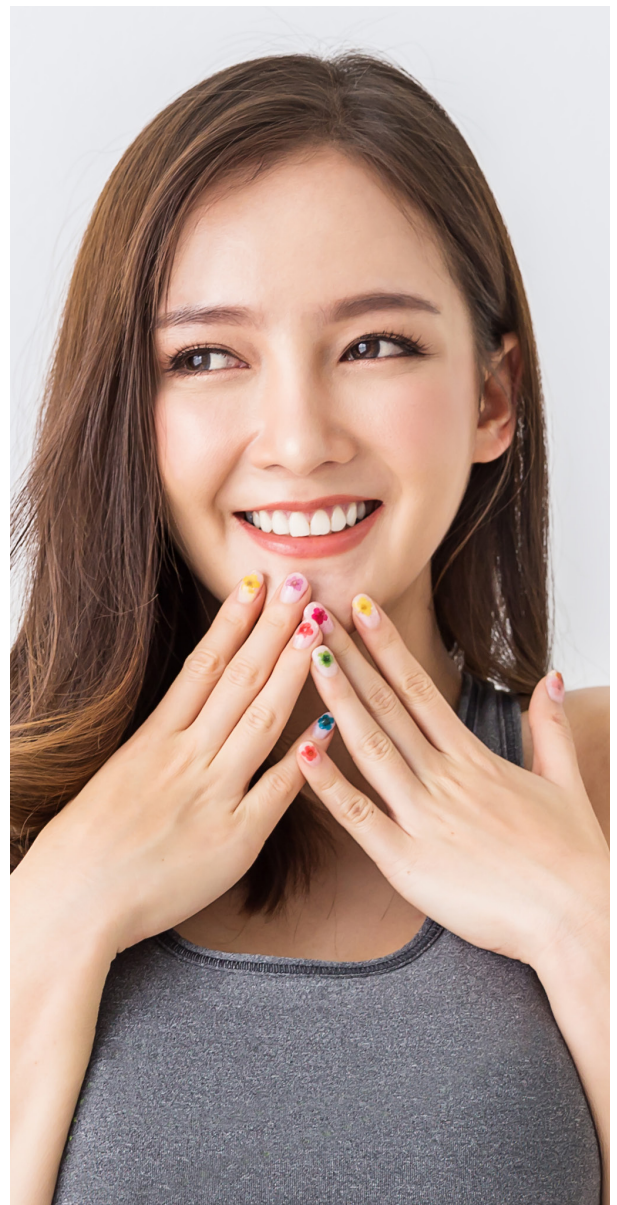
Are the benefits of Invisalign over braces purely cosmetic?

Although aesthetics is Invisalign's biggest selling point, easy maintenance of oral hygiene, and the ability to eat whatever you want are close contenders. Many of us live to eat, and wearing fixed braces makes it difficult to enjoy eating all your favourite foods.

This is because with traditional braces:

- You will need to cut your food into smaller pieces at times.
- Avoiding hard and sticky foods is strongly advised to avoid breakages - we've had many patients come in for unscheduled appointments due to breakages of their braces from unexpectedly biting onto a popcorn kernel that was hiding in their popcorn during a movie!
- Maintaining oral hygiene is difficult, especially for those who are prone to tooth decay or have trouble maintaining good oral hygiene. You will need to clean very well around the brackets and the wires to prevent further tooth decay or gum disease.

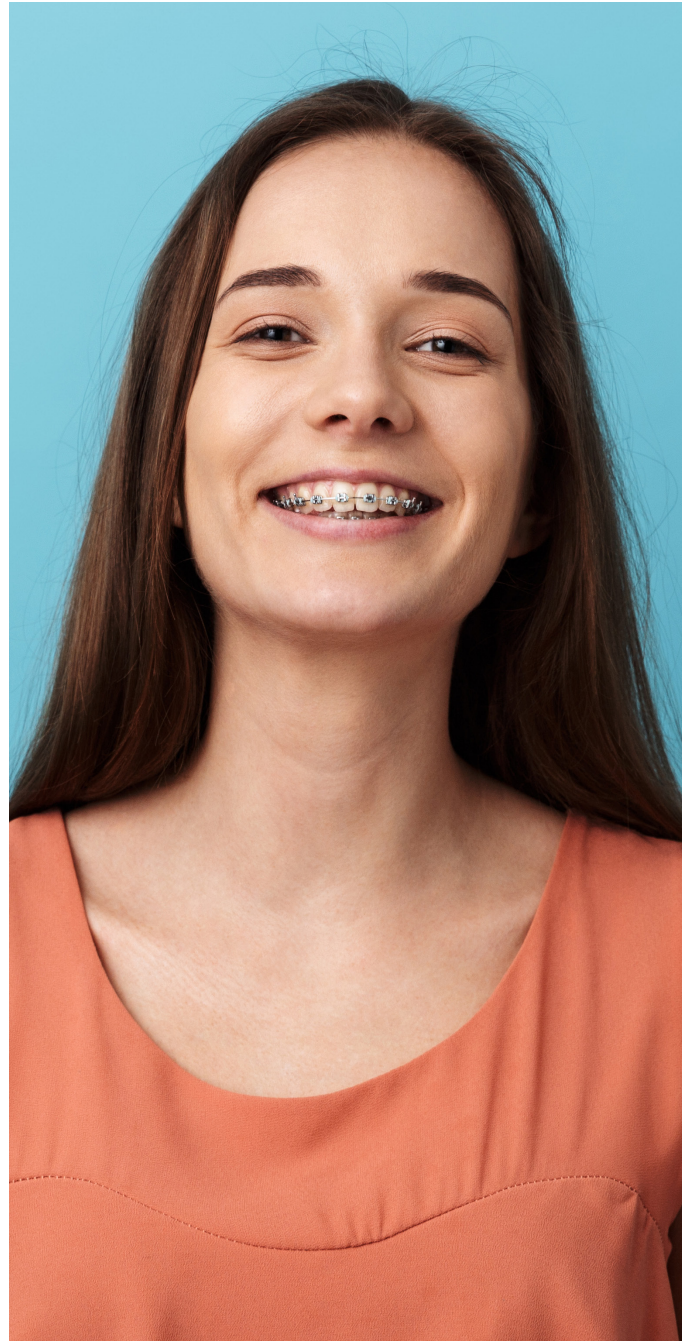
Additionally, wearing Invisalign aligners at night also provides protection against grinding, and some of my patients with jaw joint pain do report improvement. You should consult an orthodontist if you want to find out more. The most effective treatment for you really depend on your condition.



Are there any other aesthetic options for braces besides Invisalign?

Some orthodontists also offer lingual braces (braces on the inside of the teeth). An example would be the Incognito system, which is possibly even more “aesthetic” and invisible than Invisalign.

However, the cost of lingual braces is even higher than Invisalign. It can also cause more discomfort as the presence of braces on the inside encroaches on your tongue space.



Getting started on your Invisalign journey in Singapore

Initial Consultation

Once you and your dentist have decided on proceeding with Invisalign treatment, the process begins with you taking:

- X-rays of your teeth and jaws
- Photos of your facial profile and smile
- An impression mould or digital scan of your teeth

All this information will then be submitted to the Invisalign technical team for processing and creating a Clincheck treatment plan customised for you.

Clincheck Approval

After your dentist has reviewed and amended the initial proposed Clincheck treatment plan, you'll be scheduled for a follow up consultation to discuss the proposed Clincheck treatment plan.

Patients are highly recommended to discuss their Clincheck treatment plans with their dentist before approving. Changes can be made to the treatment plan at this point.

During this visit, patients will be able to share any concerns or questions that they may have before the aligners are fabricated.

Aligner Fabrication

After the confirmation of the Clincheck treatment plan by the patient, the Invisalign clear aligners will be manufactured at the Align Technology production facility in Mexico.

After these aligners have been fabricated, they'll then be shipped over to our clinics in Singapore. This entire process usually takes about 2 weeks from the confirmation of your Clincheck treatment plan.

Aligner Fitting & Attachments

On your next visit, your dentist will place dental attachments on your teeth in accordance to the treatment plans. Attachments are small, tooth coloured studs which are glued onto your teeth to guide the direction of force. After which, we'll issue a series of aligners with guidelines on how to properly wear, care and remove them. You will be given 2-3 sets of Invisalign aligners to wear till the next review about 6 weeks later. You will sequentially move up each pair of aligners till the next review with your dentist.

Each pair of aligners is usually worn for about 2 weeks before progressing to the next pair. Some clinics get their Invisalign patients started on Dental Monitoring, the A.I. tracking system that allows for an enhanced Invisalign Treatment journey. This allows your dentist to track your Invisalign treatment in great detail through weekly photographs and an A.I. detection system that will alert your dentist in the event if any issues arise.

Duration of Treatment

You have to use the aligners night and day, and only remove them to brush, floss or eat.

Teeth will start moving gradually over time, and your dentist will monitor the progress as often as possible through the use of Dental Monitoring.

The entire journey, can take a year or up to 2 years for complex cases. At the end of treatment, you will require retainers to maintain your teeth in the corrected position.

What retainer options do you have after Invisalign?

You have two main options for retainers after your Invisalign treatment.

Patients will need to wear retainers to maintain the results of their Invisalign Treatment.

Removable retainers – Examples include clear retainers, or the more traditional retainers with a wire across the outer surfaces of your teeth (Hawley retainers). Invisalign also has its own Vivera retainers, which can be ordered once treatment is completed. Retainers need to be worn for at least six months full time (day and night). They should only be removed when eating, brushing, and during active sports, similar to Invisalign. After 6 months the retainers can be worn at night-time only.

Fixed retainers – Fixed retainers consist of a thin wire that is bonded onto the inner surface of your front 6 teeth. It is suitable for the less compliant, cases which are more likely to relapse and those who are tired of having to remove their aligners or retainers whenever they eat.



Enhanced Treatments with Digital & A.I. Dental Monitoring

Through the power of A.I. technologies, your dentists are well-equipped to digitally analyse, track and monitor the progress of each and every one of our patients, bringing about increased clinical effectiveness and wellbeing.



Through the dental monitoring app, patients can capture their treatment progress, communicate with their dentist, and receive instructions without needing to step foot in our clinics.

Dental Monitoring is an artificial intelligence (A.I.) powered digital dental solution that allows your dentist to remotely analyse a patient on a virtual dashboard through a series of intra-oral photos taken by patients with the help of the Dental Monitoring App and a ScanBox in the comforts of their homes. Through the use of Dental Monitoring, our dental team will be in close contact with you virtually, enabling us to monitor that your on-going treatments with your

Seamless Experience

Maintain consistent contact with your clinic between your appointments. Our support staff will be with you throughout your entire treatment process. Through weekly updates, our team will be constantly tracking and monitoring your progress.

Fewer Appointments

Thanks to automated live messaging, your dentist will have full control in your treatment and can remotely guide you through all stages of your progress.

Progress Tracking

Your progress can be seen and our messages can be kept with you in the dental monitoring companion app.

dentist are going smoothly as planned. This ensures that your journey to your perfect smile is as efficient as possible.

With the help of A.I. technologies in the Dental Monitoring system, dental teams will be promptly notified by the system whenever you run into any clinical issues.

Visit **dental-monitoring.com** for more information on the dental monitoring system and how it can benefit you.

FAQs

Here are some commonly asked questions that our dentists get about Invisalign Treatment. If you have any other questions, feel free to email us at enquiry@nofrillsdental.com

Is there any age restriction for Invisalign?

No! Invisalign treatment can be a great solution for both adults and teens looking for a low-profile method to improve your smile. The innovations and technological advancements from Invisalign make it possible to fix nearly all common teeth-straightening and bite issues, from simple to complex – all without interrupting your busy life.

And, thanks to a discreet blue dot on the outside of teen aligners, parents can be sure their child is wearing their clear aligners for sufficient amount of time.

Are tooth extractions required for Invisalign?

Generally, dentists avoid extraction whenever possible. However, the need of an extraction is highly dependant on the complexity of the alignment and how crowded the teeth are.

Patients are highly advised to book an appointment with a dentist/orthodontist so that they can better understand their potential treatment options.

How do I take care of my Invisalign clear aligners?

Patients need to wear their aligners at least 20-22 hours daily. Aligners should only be removed for eating, drinking, brushing and flossing. When wearing the aligners, it is advised only to drink plain water.

Patients are required to brush their aligners gently using their toothbrush followed by rinsing with cool water, after they remove the aligners to ensure that their aligners stay clean and hygienic.

Do not soak Invisalign aligners in hot water as this will cause the clear plastic to deform. Patients are to always carry the Invisalign issued aligner container with them. Keep aligners in their containers when not in use to prevent losing, breaking them and from deforming.

Here are some tips for successful Invisalign Treatment

Discipline and consistency. As you need to wear the aligners for 20 - 22 hours every day, you need to be diligent with the aligner wear to achieve best results. You have to remove the Invisalign aligner before any meal and you must clean your teeth very well before using the aligners again.

Maintain good oral hygiene and floss regularly. You need to pay strict attention to maintaining good oral hygiene. You must thoroughly brush and floss after you eat anything. This is to prevent any dental decay or gum problems during the Invisalign treatment. You also have to go for regular dental checks and cleaning every six months. Even though some patients might feel that this is annoying, others experience unexpected result of enhanced teeth whitening and oral health.

How often will I have an appointment with my dentist?

Appointments will be scheduled for you every 8-12 weeks, depending on your progress and condition. Some clinics offer dental monitoring in their clinics which you can opt for to allow your dentists to monitor your treatment in real-time, reducing the required number of appointments throughout your treatment.



Smile better. Let the real you shine.

The clear and virtually invisible
solution for straightening your
teeth.

➤ Ask your doctor about the power of Invisalign treatment.

➤ Clear and virtually invisible
for comfortable wearing.

➤ Bespoke design
for your jaw structure.



➤ Patented SmartTrack™ technology
for comfortable wearing.

CHOOSING THE RIGHT DENTIST

When it comes to selecting the right dental provider in Singapore for your Invisalign treatment, it's important to choose a dentist that you can establish a good communication with.

Good communication is a key determining factor for a smooth, comfortable and successful Invisalign journey.

Choosing the right dentist will ultimately determine the overall success of your Invisalign treatment. As such, the dentist that you pick should fulfil a number of criteria including but not limited:

- Experience with the Invisalign clear aligner system
- Good communicator (well-versed in explaining every aspect of treatment to you, allowing you to make informed decisions when it comes to your future smile)
- A strong support team to support you every step of the way

We would also suggest for you to send enquiries to a few dentists or orthodontists.

This will allow you to find someone who is able to answer all your queries, discuss all the possible treatment options available for you besides Invisalign.

At the end of the day, the right dentist for you is the one who will lay out all your treatment options on the table, allowing you to make informed decisions, while ensuring that your entire treatment process is as enjoyable, comfortable and as hassle-free as possible.

We believe that good communication between you and your dentist is the best way to ensure a smooth and successful treatment.

In addition, please only proceed with the treatment if you are fully comfortable with the treatment plan proposed by your Invisalign provider.

So in summary... Here's what you can do next.

**Speak to an
Invisalign
accredited
dental provider
who'll answer all
your questions.**

Find a dentist – We would suggest for you to send an enquiry to a few dentists or orthodontists. This allows you to find someone who is able to answer all your queries, and who will discuss all the possible treatment options available for you.

If you'd like to speak to us, you can drop us an email at enquiry@nofrillsdental.com or give us a call at **+65 9007 1085**.





About Us

NoFrills Dental aims to provide accessible, affordable and no-frills dental care for people of all ages in a clean and comfortable environment.

“

NoFrills Dental is the one-stop solution for all your dental needs.

”

NoFrills Dental was founded in 2016 by a team

of like-minded dental professionals with more than 20 years of experience in dentistry. We believe your teeth and gums should look and feel great—that’s why we use world-class technology in everything we do, from crafting fillings, straightening smiles, to restoring new teeth. We bring together experienced minds and progressive technologies to transform your smile.

We take great pride in delivering a holistic dental experience through our professional excellence, quality materials, dental technologies and high standards of infection control. Our driving

factor of our success is the passion to serve with the highest level of empathy, compassion and professionalism by our experienced dentists and dedicated support staff, to provide the best dental care and patient experience at affordable prices.

NoFrills Dental was created with the singular goal of providing accessible and affordable dental care for everyone. With the core belief that everyone deserves a perfect smile, we provide patients with a holistic dental experience paired with clinical excellence to support all of their dental needs.

It is with this belief in mind that we ensure each and every one of our patients the peace of mind that they’re being treated by

dedicated professionals who have their best interests at heart. We bring together experienced dental practitioners and progressive dental technology to transform your smile.

NoFrills Dental is a company with a big heart and even bigger ambition to improve oral health wherever we are. We are passionate about delivering patient-focused dental care and oral wellness programs.





DR KENNETH SIAH

Medical Director

Dr Kenneth Siah is currently a Medical Director and Dental Surgeon at NoFrills Dental. He graduated with a BDS from NUS DENTAL school in 2001. Upon graduation, Dr Kenneth Siah served as a dental officer in the Singapore Armed Forces and worked with the Nation's dental surgeon officer dealing with community dental needs.

Upon completion of his bond, Dr Kenneth Siah spent two years working as a consultant to a German dental lab, gaining much insight into dental aesthetics and design. Dr Kenneth Siah is also an Invisalign-certified dental surgeon and uses combination of disciplines to create your custom smile. His demands for a functional occlusion (bite) also pushed him to expand and deepen his knowledge of dental implants and surgery through overseas courses and conferences. Dr Kenneth Siah's professional interests as a dental surgeon lie in the diagnosis and management of cracked teeth, implants and wisdom teeth removal. He credits his love for surgery stemming from the nurturing attitudes of his mentors.



DR DANESHKUMAR

Medical Director

Dr Danesh is a Medical Director and Dental Surgeon at NoFrills Dental. He graduated from the University of Sydney with a Bachelor of Dentistry. Cheerful and keen to serve the community in all areas of Dentistry. Good knowledge of dental treatments and trained in dealing with patients with dental phobia and dental anxiety.

Dr Danesh is calm and easy to talk to with the ability to make anyone from kids to seniors feel at ease. His professional interests lie in the diagnosis and management and treatment of patients who suffer from malocclusion.

He believes strongly in our motto that everyone deserves a perfect smile. No case is too big or too small for Dr Danesh. His passion in dentistry stems from his strong sense of wanting to help those in need of good dental care.



DR JOSHUA CHONG

Medical Director

Dr. Joshua Chong is a Medical Director and Senior Dentist at NoFrills Dental. He graduated from the University of Queensland with Honours in 2014. Following a year of private practice in Australia, he moved to Singapore and continued to work in the private sector.

Dr. Joshua Chong understands that visiting the dentist can be very daunting for some. So he aims to provide a calm environment and practice pain-free dentistry, taking the time to ensure that patients are comfortable and well informed throughout their visit. Dr. Joshua Chong believes in minimally invasive approach and preventive dentistry. He currently provides a range of dental procedures and particularly takes an interest in restorative dentistry and root canal treatment.



DR ALEX DOVBAN

Senior Dental Surgeon

Dr Alex SM Dovban is a passionate practitioner of Dentistry and a firm believer in providing quality and holistic dental care with compassion and integrity. Dr Alex SM Dovban received his Bachelor of Dental Surgery (BDS) with Honours from Otago University Dental School in New Zealand. Prior moving to Singapore, Dr Dovban was part of Royal Flying Doctors Team in Darwin Northern Territory in Australia.

During this time he managed a wide range of complex restorative and surgical treatments for medically compromised patients at the remote aboriginal communities. He also started practicing Laser Dentistry and CAD CAM technology dentistry at the very beginning of introductions of these technologies into dentistry in a private sector. He completed his post-graduate degree in Master of Dental Surgery (MDS) in Periodontology and Implantology from National University of Singapore (NUS), during which he treated patients at the National University Hospital (NUH) and National Dental Centre (SGH).



DR BERNICE TAN

Dental Surgeon

Dr Bernice Tan is an associate dental surgeon at NoFrills Dental. She graduated from Queen's University Belfast with a Bachelor of Dental Surgery and has since been practising in the private sector. She has attended multiple courses to ensure she keeps up with the latest developments in dentistry so that her patients always receives the highest standard of care.

Dr Bernice Tan aims to provide dental treatment driven by compassion and empathy, putting patient's interest above all else. She takes her time to listen to all her patient's concerns and is always happy to answer any questions they may have. Dr Bernice Tan strongly believes that patient education is key to better oral health. Having met her fair share of anxious patients, Dr Bernice understands that the dental environment may appear to be intimidating for some people. Thus, she is always gentle and tries to make the whole treatment process as pain-free as possible.



DR LI KEXIN

Dental Surgeon

Dr Li Kexin is an Associate Dentist at NoFrills Dental. She graduated with a Bachelor of Dental Surgery from King's College London in 2017 and holds a Postgraduate Certificate in Primary Dental Care (Distinction) from the University of Kent.

As a dental surgeon, Dr Li Kexin had previously practiced in a busy NHS practice in the UK before returning to work in Singapore. Dr Li Kexin actively attends courses and takes further education to keep up with the times and enhance her dental skills.

Having practised in a clinic with a high proportion of anxious, elderly and high needs patients, Dr Li Kexin is experienced in patient management and treats all her patients with empathy, patience and care. She believes that positive experiences in the dental setting goes a long way and she aims to provide quality dental care tailored to every patient's individual needs.



NOFRILLS DENTAL @ MARINA SQUARE

Located in Marina Square, this dental clinic is located right above **Esplanade MRT Station (Exit B)**. The clinic services the needs of patients working in the Raffles City and Marina areas.

NoFrills Dental at Marina Square is located right above Esplanade MRT station (Exit B), providing our patients with greater convenience. The dental clinic is supported by a team of experienced general dentists, well-trained to treat a wide range of dental and oral health issues, with a strong focus on aesthetic dentistry such as Invisalign treatment and orthodontic braces.

The dental clinic is well equipped with technologies such as X-rays and intra-oral scanners like the iTero Elements 2. We've also partnered with a variety of corporate and private insurance companies for the convenience of our patients.



6 Raffles Boulevard, #B1-11, Marina Square (Exit B, Esplanade MRT Station)
Singapore 039594

Email: marinasquare@nofrillsdental.com.sg

Telephone: 6227 8885

Whatsapp: 9385 1587

Monday - Friday:

Saturday:

Sunday & Public Holiday:

10am – 7pm

10am – 5pm

By Appointment



NOFRILLS DENTAL @ SUNTEC CITY

*Located in Suntec City, this dental clinic is situated between **Promenade MRT Station** and **Esplanade MRT Station**. Servicing the needs of patients working around the Suntec City area.*

NoFrills Dental at Suntec City is a one-stop dental clinic that provides affordable dental services for all types of patients. The clinic aims to offer high-quality services at affordable prices, serving the needs of patients in the Suntec City area.

The clinic offers a large variety of professional dental services, from general dentistry procedures such as scaling and polishing, pain management and wisdom tooth extractions, to more complex procedures such as Invisalign treatment, dental implants and orthodontic braces. Our resident dentists at NoFrills Dental @ Suntec City are experienced in restorative dentistry such as dental implants, dental crowns and dental bridges.



3 Temasek Boulevard, #03-317, Suntec City North Wing, Between Tower 1 & 2, Lobby H, Singapore 038983

Email: suntec@nofrillsdental.com.sg

Telephone: 6337 7319

Whatsapp: 9385 1587

Monday - Friday:

Saturday:

Sunday & Public Holiday:

10am – 7pm

10am – 5pm

By Appointment

Invisalign Analysis

Extra-Oral

<i>Skeletal Base</i>	Class I	Class II Div 1	Class II Div 2	Class III
<i>Facial Symmetry</i>	Yes		No	
<i>TMJ</i>	Click		No Click	
<i>Lips</i>	Competent		Incompetent	

Intra-Oral

PROBLEMS	ANALYSIS				DETAILS
<i>Oral Health</i>	Normal	Mild	Moderate	Severe	
<i>Gum Recession</i>	Normal	Mild	Moderate	Severe	
<i>Incisal Relationship</i>	Class I	Class II Div 1	Class II Div 2	Class III	
<i>Missing Teeth</i>	None	Yes with Spacing		Yes w/o Spacing	
<i>Overbite</i>	Normal	Mild	Moderate	Severe	
<i>Overjet</i>	Normal	Mild	Moderate	Severe	
<i>Rotations</i>	Normal	Mild	Moderate	Severe	
<i>Spacing</i>	Normal	Mild	Moderate	Severe	
<i>Crowding</i>	Normal	Mild	Moderate	Severe	
<i>Crossbite</i>	Normal	Mild	Moderate	Severe	

Comments/Other Treatments Required

Recommended Solution

Artificial Intelligence Dental Monitoring

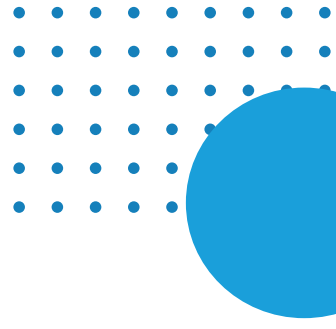
Yes	No
-----	----

Price Quotation

Records & Treatment Planning	\$
Treatment	\$
Retainers	\$
Other Treatments	\$
Total	\$

**Instalment Payment Plans Available At NoFrills Dental*

Notes



Great People. Great Patients. Great Service.

At NoFrills Dental, we strive to achieve consistently great patient care in every aspect of our practice.



begin your
**Invisalign
JOURNEY**