



# GQ Grooming 11

PUT YOUR PEARLY WHITES BACK ON THE STRAIGHT AND NARROW /// PLUS, PEAU NATUREL!

EDITED BY Jodie Harrison

## BRACE YOURSELF

GQ tests the latest teeth-straightening technology - and comes up smiling

**NIPPY.** That's how I've come to know my darling gnashers. After years perfecting my ability as a "biter" (arms, bottoms, passing children if they are lucky), I've learnt that my dental imprint is a pleasantly painful one. Unfortunately (for the victim), my central upper incisors would cross over to create a nice little nip when planted on supple flesh.

Alas no more and good riddance, I suppose. It was fun while it lasted. For the past four months, to the amusement of colleagues and friends alike, I've worn a brace. Not quite the size or the statement of Ugly Betty's mouthpiece but certainly with similar sartorial panache, my brace nods to the very latest technology. The Inman Aligner, a contraption similar in appearance to articulated jellyfish, hails from - where else? - America. Launched in 2000, it has finally made it on to the treatment lists of the UK's best dentists, and for good reason. It works. Fast. Within three months my teeth had been brought into line and people began commenting on their straightness.

"It uses nickel titanium springs, which provide a constant gentle pressure to move the teeth," explains Dr Neera Maini, my dentist at the luxurious Aqua Dental Spa in London. "Teeth respond favourably to lighter forces and hence move more quickly. Treatment time is typically from six weeks for simple cases to five months for more complex cases. It's seriously impressive."

Ideal for treating frontal overcrowding, the device uses opposing piston-like forces to rotate and align what dentists call rotations (where the tooth sits at an angle) or adult relapse (where teeth begin

moving over a period of years after earlier alignment treatment). Good things come to those who wait? Er, no! Invest in one of these little wonders and your teeth will be straight before you can say "Austin Powers".

The best part? It's removable. And the front bar is transparent, so even when you wear it at work, it's not particularly conspicuous. Granted, you have to wear the device for at least 18 hours a day, which can be tricky in some circumstances as it can affect your speech at first, making phone conversations awkward (consequently I made my time up at night), but once you get into a rhythm, wearing the appliance becomes a lot less taxing and the noticeable results make up for any discomfort. **JH GQ**

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