



Dr. Peggy Bown is originally from Victoria Cove, Newfoundland.

She attended Mount Allison University in Sackville, NB, graduating in 1997 with honours in biology. She successfully attained a Degree in Dental Surgery from Dalhousie University in 2001.

Dr. Bown's practice is family focused with a special emphasis on cosmetic dentistry (both mini and full mouth makeovers), snoring and sleep apnea solutions, and neuromuscular TMJ/TMD treatments.

Dr. Bown is an enthusiastic participant in continuing education, particularly in esthetics/cosmetics, neuromuscular dentistry, TMD, minor movement orthodontics and endodontics. She was recently published in a dental magazine, highlighting a full mouth makeover with an international Canadian laboratory, Aurum Classic.

Both she, and her assistant, Suzanne Caines, have taken extensive post-graduate training at the Las Vegas Institute for Advanced Dental Studies, including Core I through VII. Dr. Bown has also recently received her fellowship from LVI.

Together, her highly trained and experienced team will make your next visit incredible.

Dr. Bown is a member of:

- International Association of Physiologic Aesthetics (IAPA)
- Academy of General Dentistry (AGD)
- American Academy of Dental Sleep Medicine® (AADSM)
- Canadian Dental Association (CDA)
- New Brunswick Dental Society (NBDS)



## Our Commitment...

We are committed to improving the health of our clients and our goal is to make you smile and function more beautifully and naturally than you have ever before.

Dentistry is rapidly evolving in the digital field with new technologies and techniques which we are excited to share with you.

Our new modern practice has been designed to provide you with an experience that is incredibly gentle and personalized, created by a team that has been practicing together since 2001.

We value ongoing education and have post-graduate training in:

- Mini-Makeovers, Trial Smiles, Esthetic Dentistry
- TMJ, Headache, Jaw, Neck Pain (Dr. Bown is a neuromuscular dentist)
- Snoring & Sleep Breathing Disorders
- Laser Treatments of the Gum Tissue for Cosmetic Purposes
- Virtual Impressions (3D technology)
- Orthodontics Using Invisalign® (Dr. Bown is a Preferred Provider)
- Implants Replacing Tooth Roots (single and denture-supported)

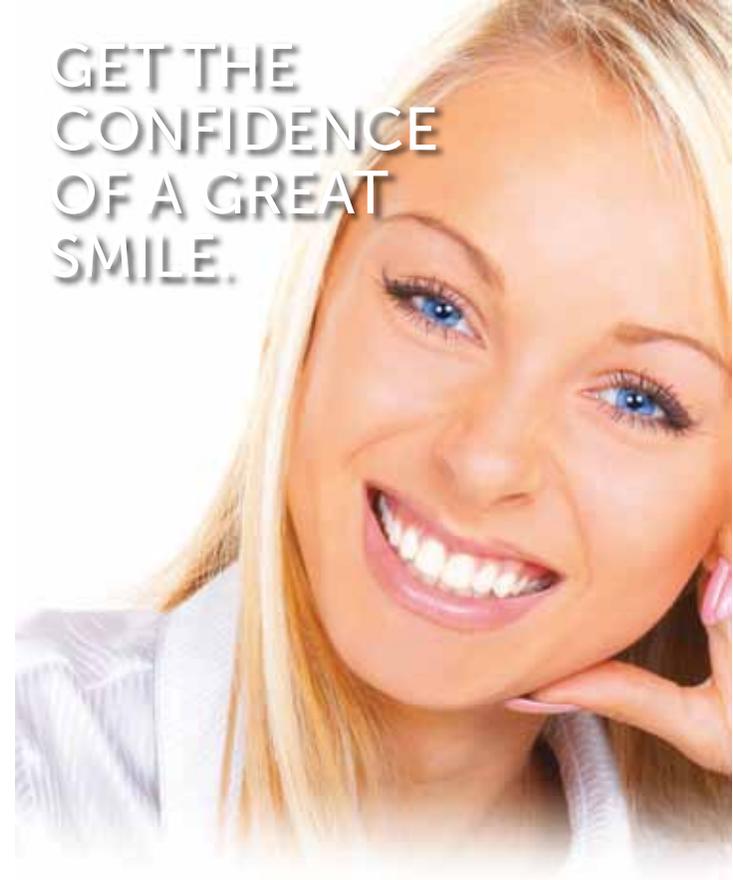
We love to learn, we love our clients, and we can make simple changes that will permanently affect how you look and feel about your smile.

## Peggy Bown Dentistry

374 Rothesay Avenue, Saint John, NB E2J 2C4  
506.634.6000

[sjsmiles.ca](http://sjsmiles.ca)

# GET THE CONFIDENCE OF A GREAT SMILE.



PEGGY BOWN  
DENTISTRY

# THE CLEAR ALTERNATIVE TO BRACES.



**CROWDING**  
Not enough room for the teeth.



**SPACING**  
Spaces between the teeth.

## Developed with Orthodontists,

Invisalign is a virtually invisible solution, so you can smile confidently both during treatment and after. Using a series of clear, removable aligners, Invisalign gradually moves your teeth toward the smile you've always wanted. And almost no one will know you are wearing them unless you tell them.

## The Hygienic Benefits of Straighter Teeth

### HEALTHIER GUMS

Properly positioned teeth are easier to brush and floss than teeth that are crowded, crooked, or spaced too far apart. Properly aligned teeth can help gums fit more tightly around them, which may lead to better periodontal health.

### EASIER CLEANINGS

With maintenance of good oral hygiene, the chances of having plaque retention, tooth decay, or periodontal (gum) disease can be reduced.

### DECREASED RISK OF NORMAL WEAR

Properly aligned teeth can be less stressful on the supporting bone jaw joints.

# SHOW THE WORLD WHO YOU REALLY ARE WITH INVISALIGN.



PEGGY BOWN  
DENTISTRY

"Minimally invasive, Maximally esthetic."

# FREQUENTLY ASKED QUESTIONS:

## Does Invisalign work?

Many people believe that Invisalign is only effective at treating minor orthodontic issues. But the fact is that our 96% patient satisfaction rate is the result of successfully treating a broad range of cases, from overly crowded teeth and overbites to jaw problems and tooth misalignment.

## Will I get a lisp from Invisalign?

If you do not have a lisp before Invisalign treatment, you will not "get" one during. It may take a day or two to get used to wearing your aligners, but your speech will not be affected overall.

## How long do I wear Invisalign for?

The length of treatment depends on the severity of your case and will be determined by your doctor during your initial exam.

## Will Invisalign hurt?

Some people experience temporary discomfort at the beginning of each new stage of treatment. This is normal and is generally described as a feeling of pressure. This means that Invisalign is working and moving your teeth to their ideal position. The discomfort will typically go away within a day or two.

## How often do I wear my aligners?

For desired treatment, aligners are recommended to be worn 22 hours a day. This allows time for removal during eating, brushing and flossing.

## Are there restrictions on what I can eat or drink with Invisalign?

No. Due to the removable nature of Invisalign aligners, you can eat or drink whatever you like during the course of treatment. Aligners are required to be removed when eating or drinking anything other than clear fluids. It is necessary to brush and floss your teeth before re-inserting your aligners in order to maintain proper oral health.

## My teeth have shifted after braces, will Invisalign work for me?

Yes. Invisalign is an easy and esthetically pleasing option to realign teeth to their desired position.



Actual patient of Dr. Bown

## How Does Invisalign Work?

Invisalign takes a modern approach to straightening teeth, using a custom-made series of aligners created for you and only you.

These aligners are made of smooth, comfortable and virtually invisible plastic that you wear over your teeth. Wearing your aligners will gradually and gently shift your teeth into place, based on the exact movements your dentist or orthodontist plans out for you.

There are no metal brackets to attach and no wires to tighten. You simply pop in a new set of aligners every two weeks, until your treatment is complete and you achieve the confident smile that you've always wanted. The best part about the whole process is that most people won't even know you're straightening your teeth.

## How Much Does Invisalign Cost?

In most cases, Invisalign treatment is comparable to the cost of traditional braces. However, as with other medical treatments, only your doctor can determine the cost, based on your specific needs.

Other factors may include your treatment goals, the difficulty of your case, how long you are in treatment, where you live, your orthodontic insurance coverage, and additional factors determined by your dentist or orthodontist.

## 96% Patient Satisfaction Rate\*

Over 1.3 million patients are smiling with confidence thanks to Invisalign. Without brackets or wires, Invisalign takes a modern approach to teeth straightening and is virtually invisible.

\*US Survey data 2009, Align Technology, Inc