

Congratulations on your decision to move forward with Invisalign! This packet will help clarify what happens next. Please review the packet carefully. Treatment will vary between patients. Please be sure to ask any questions you may have regarding your specific treatment.

The Start of Treatment:

- 1) Records (x-rays, photos and intraoral scan) will be gathered to properly diagnose your treatment and begin aligner fabrication.
- 2) The process of aligner design, fabrication and shipping takes 6-8 weeks. WE will call to schedule your start appointment as soon as your aligners have arrived in our office.

Invisalign Delivery:

- 1) Treatment typically starts with placement of attachments. **Attachments are glued to your teeth for the duration of treatment.** Aligners need attachments to securely hold onto teeth while directing tooth movement. The location and quantity of attachments vary on the specific tooth movements. Small hooks may also be required if treatment requires orthodontic elastics.



- 2) **Crowded teeth may require enamel slenderizing (IPR).** IPR will remove some enamel as a method to alleviate crowding. Dr. Freeman prescribes if IPR is required, the teeth involved, the amount of enamel reduced as well as when in treatment IPR is performed. IPR is performed between teeth on vertical surfaces and does not shorten the length of a tooth, nor does it cause cold sensitivity. The process does not require numbing. Dr. Freeman typically uses a flexible diamond abrasive strip flossed between the teeth. IPR is also used to minimize any "black triangles" that may occur as previously crowded teeth straighten.



- 3) Aligners need to be worn at a **minimum of 20 hours per day** without exception. Wearing the aligners is the most important variable for success. If a treatment plan necessitates orthodontic rubber band elastics, faithful wear of elastics is essential.

- 4) Aligners are typically changed on a weekly basis unless you are instructed otherwise. The most important indicator of your readiness to change into your next aligner is the overall fit.
- 5) Aligners should not have space visible between the plastic and the teeth. If a gap exists, green aligner chewies should be used faithfully until the aligner fits properly.



To use an aligner chewie, bite down and hold the chewie in the area where the aligner needs to fit better for 5 seconds, then release. Repeat this process for 10 minutes at a time, up to three times per day, until the gap is reduced. *If you have a history of TMJ, do not use the chewies; instead use steady finger pressure to push the aligner in place instead.*

Caring for your Invisalign Aligners:

- 1) Never eat or drink anything but water with your aligners in place.
- 2) Always carry your aligner case with you; lost or broken aligners will need to be replaced and a fee may be charged.
- 3) When eating or drinking, remove your aligners and place them into the case provided for safe keeping. **Do not place your aligners in your pocket or napkins this will lead to damaged or lost aligners.**
- 4) Brush the inside of the aligners carefully after every meal. Aligners should be "crystal clear" at all times.
- 5) Brush the inside of the aligners with toothpaste and COOL water. Liquid dish soap can also be used.

Other Tips:

-If you have a rough spot on your aligner, you can use an Emery board to smooth it.

-Always save your old aligners. We suggest placing each used aligner back into the individual bag it came in. Keep the individual bags in a large zip lock bag. If you lose or break an aligner, please call our office. Dr. Freeman often suggests continuing to wear the previous aligner until your replacement aligner arrives.

*The purpose of this information is to provide you with a clear understanding of what is required of you as the patient. Once your scans are submitted your initial payment is nonrefundable. Furthermore, treatment cannot be modified without restarting the process with updated records (photos and scan). Treatment modalities such as attachments, IPR and elastic wear are specific to your treatment needs and integral to the planned treatment. ANY changes to the teeth will prevent proper aligner fit - crowns, fillings, bonding. By signing this document, you are agreeing that you have reviewed and understand the requirements of Invisalign treatment.*

Signature

Date