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**CONGRATULATIONS ON YOUR DECISION TO BEGIN
INVISALIGN TREATMENT! DR. CLOCK AND DR. MORIN
ARE EXCITED TO HELP YOU ACHIEVE A MORE
BEAUTIFUL SMILE AND A HEALTHIER YOU.**

Invisalign aligners are designed to straighten your teeth like conventional orthodontics, without metal braces. Invisalign treatment consists of a series of clear plastic aligners that you will wear for the course of your treatment in order to move your teeth into the desired position. The aligners are developed from the x-rays, impressions, photographs and an evaluation of your bite by Dr. Clock or Dr. Morin. The number of aligners and the length of time are determined by the treatment plan he develops specifically for you.

Please keep and refer to this handbook throughout your treatment. If you cannot find the answer to your questions, please contact our office and we will be more than happy to assist you.

INVISALIGN TREATMENT

WHAT TO EXPECT DURING YOUR INVISALIGN APPOINTMENTS

FIRST APPOINTMENT – 60 minutes

You will have detailed impressions of your teeth and photographs taken. If you do not have a current full mouth x-ray on file, we will need to take a new one (\$108). Your next appointment will be in approximately 4-5 weeks. We will wait to schedule this appointment once we know when your case will be delivered back to our office.

SECOND and THIRD APPOINTMENTS – 20-60 minutes each

You will receive the final instructions about the wear and care of your aligners. We will then place your first set of aligners and teach you how to insert and remove them. At either the second or third appointment we will be placing tooth-colored attachments on your teeth and begin to perform any IPR (inter-proximal reduction) that was discussed at your consultation.

MONITORING VISITS – 10-20 minutes

We will have you come in every 4-6 weeks to receive your next set of aligners. You need to come with the current aligner set in your mouth. We will make sure your teeth are tracking or moving as they should in the aligners. Any IPR needed will be done and new aligners will be placed.

These consecutive visits are about 10-20 minutes long. The number of appointments depends on the number of aligner sets that have been prescribed. Visits will continue until you have successfully completed all your treatment. If you come to your appointment without your last aligners and your current aligner in your mouth, you may be asked to reschedule and an additional fee may be charged. Following your final set an evaluation is scheduled to determine if retainers can be ordered or if further refinement is needed.

REFINEMENT

Refinement is expected in most cases in order to “fine tune” how the bite fits together. In most cases, the appearance of your smile will be

satisfactory at this point. However, in order for it to last, it needs to function correctly.

The process includes taking new impressions and new photographs to send to Invisalign. These will be used to create more sets of aligners in order to achieve the desired results. We can take impressions up to three times for refinements within a certain period of time for each case.

Part of the refinement process may involve an equilibration of your bite. Equilibration is the process of making small adjustments to the shapes of your back teeth in order to help them fit together better. This procedure may be completed prior to making your retainers or

after the retainers are in place. Minor adjustments to the bite are expected and part treatment.

RETAINERS

Once treatment is complete, we will order retainers. You will wear your retainers full time, like your Invisalign aligners, for 2-3 months. After this time the retainers are then worn at night only – forever, or as long as you want your teeth to remain straight. Unfortunately, without retainer use it is possible for your teeth to move out of place again.

Your retainers will eventually wear out, which will result in them losing their ability to function properly, allowing your teeth to shift. You will need to replace your retainers when this occurs. Your first set of retainers are included with your original Invisalign fee. The first set should last for about 9 months. We recommend you bring your retainers with you at each cleaning appointment for us to evaluate them. If you feel your teeth are changing, call us so we can evaluate. New retainers can be ordered when necessary, often times without having to take new impressions. The fee for a new set of retainers is \$150.

YOUR INVISALIGN TREATMENT COSTS INCLUDE THE FOLLOWING:

- Your prescribed number of aligners.
- All routine monitoring visits every 4-6 weeks.
- 3 refinements as needed up to 180 days after last originally planned aligner.
- Minor bite equilibration or adjustment
- ONE full set of retainers (upper and lower).

THE FOLLOWING ITEMS WILL REQUIRE AN ADDITIONAL FEE:

- Extra aligners ordered from Invisalign due to tearing or loss of aligners
- Delayed or missed appointments (including rescheduled appointments due to not wearing current aligners)
- Impressions taken for temporary aligners
- Refinement needed after Invisalign completion date plus 180 days
- Mid-course correction – usually due to noncompliance
- Change in original course of treatment – examples:
 - TMJ issues
 - Any final restorative treatment to teeth
 - Unexpected urgent/emergent dental needs that arise (chipped, broken, fractured teeth, toothaches etc.)
 - Significant equilibration procedures (based on time)

NONCOMPLIANCE

If you habitually veer from the treatment course given to you by Dr. Clock and Dr. Morin, the end result discussed cannot be guaranteed. Examples of noncompliance include:

1. Continual loss of aligners
2. Continual tearing/breaking of aligners
3. Not wearing your aligners for the specified amount of time (22 hours/day for 14 days each)
4. Not showing up for your appointments

5. Repeatedly canceling appointments
6. Wearing the wrong set of aligners

FREQUENTLY ASKED QUESTIONS

How many hours a day do I wear my aligners?

They should be worn 22 hours a day. You should only remove them to eat, and clean your teeth. All other times of the day and night they should be worn.

How long is each aligner worn?

In order for the aligners to work properly each set needs to be worn for 14 days (22 hours/day x 14 days =308 hours).

How do I clean my aligners?

Each time you brush your teeth, take out the aligners and thoroughly brush the inside and outside of them with cool water. A small amount of toothpaste or mild soap can be used. For most patients this is all that is needed to keep them clean. If you prefer an extra level of cleaning, Invisalign does offer cleaning crystals which you combine with water and soak your aligners in. You can go to: www.invisalign.com and order these directly if you wish (approximately \$50/50 pack). It is important to keep your aligners clean because failure to do so can result in decay, gum problems, and/or bad breath.

Can I eat or chew gum while wearing my aligners?

No, you should remove your aligners to eat anything and avoid chewing gum. Eating in your aligners can cause them to tear or break.

Can I drink while wearing my aligners?

It is recommended that you only drink clear cool liquids or water while wearing your aligners. Dark beverages (coffee, tea, red wine) may stain your teeth. Sugary and acidic beverages (Soda, Gatorade, Red Bull, orange juice etc.) should not be consumed while wearing aligners due to risk of erosion and/or causing cavities.

Is it normal for my teeth to hurt when I change aligners? What can I do?

Yes, it is normal for you to have some discomfort on certain teeth. You may feel some discomfort for 1-2 days. Taking some over the counter pain medication (Ibuprofen, Advil, Tylenol, Aleve) as needed, will usually minimize this discomfort.

What time of day should I begin wearing my next set of aligners?

After wearing your current set of aligners for 14 days the most ideal time to switch to your next set is shortly after your evening meal. After eating, brush, floss and rinse your mouth, then place the next set of aligners and then do not remove them until you are ready to eat or brush your teeth the next morning.

What are Chewies? How often should I use them?

We provide you with chewies which are small, spongy cylinders that you chew on. They help the aligners fully fit down over the teeth which aids in efficient movement of the teeth within the aligners. You should use the chewies 3-4 times per day for 5 minutes at a time for the first 4-5 days after switching to your new aligner.

Can my aligners break or tear?

Yes, aligners can break or tear. You need to be careful removing them from your mouth and do not eat with them in. Both actions can cause your aligners to tear or break. We will instruct you on the proper way to remove the aligners from your mouth.

What do I do if my aligner breaks, tears or is lost?

