

## Tooth Alignment with Invisalign®

There are several options out there for straightening your teeth, but none offers the level of comfort, convenience and confidence that you'll find with Invisalign®. And no matter what stage you're at in life, you'll appreciate how our cutting-edge approach to treatment has minimal interference in how you live, but has a significant positive impact on how you look and feel about yourself.



### **What is Invisalign® & how does it work?**

Using a custom-made series of aligners created for you and only you, we are able to gradually align your teeth. These aligner trays are made of smooth, comfortable and virtually invisible plastic that you wear over your teeth. Wearing the aligners will gently shift your teeth into place, based on the exact movements we plan out for you. There are no metal brackets to attach and no wires to tighten. You just pop in a new set of aligners approximately every two weeks, until your treatment is complete.

### **Who is a good candidate for Invisalign®?**

Patients interested in realigning their teeth to treat bite, spacing, and crowding concerns without the inconvenience and appearance of brackets and wires. It is a way to gradually move the teeth while still having the ability to maintain good oral hygiene.

### **What happens during the Invisalign® process?**

#### **Step 1: *Consultation***

Time with doctor and assistant to discuss your goals and answer any questions you may have. We will also go over the entire Invisalign® process with you.

#### **Step 2: *Records***

We will gather digital impressions, photos, and x-rays necessary for planning your orthodontic treatment plan.

#### **Step 3: *Start of Phase 1***

You will receive your first aligner & we will explain care instructions, compliance, and what to expect from future appointments. Following this appointment you will come in every 4-6 weeks to receive new aligners.

#### **Step 4: *Start of Phase 2 – Minor Movements***

Once phase 1 has been completed, teeth will be assessed and you will receive a plan for any minor movements still needed. You will receive additional aligners and continue with routine appointments every 4-6 weeks.

#### **Step 5: *Retention***



Once teeth have reached desired alignment, we will want to keep them from moving! We will have you come in for digital impressions, which will be used to create your custom retainers. These will be worn to prevent shifting and retain your new smile.

#### **Step 6: *3 Month Follow up***

Doctor and assistant will assess alignment & retainer wear.

## Appointment Guide

*Once the Invisalign® process has started you may use this guide to track the phases of treatment & your appointments*

Phase of Treatment	Appointment Length
<b>Consultation</b>	40 Minutes
<b>Records</b>	70 Minutes
	<b>Time Until Next Appointment:</b> 3 Weeks
<b>Start of Phase 1 &amp; 1<sup>st</sup> Delivery</b>	40 Minutes - 1 Hour
	<b>Time Until Next Appointment:</b> 4 Weeks
 Routine Appointments	30 Minute Appointments Every 6 Weeks until completion
End of Phase 1	1 Hour 30 Minutes
<b>Start of Phase 2</b>	1 Hour
	<b>Time Until Next Appointment:</b> 2 weeks
 Routine Appointments	30 Minute Appointments Every 6 Weeks until completion
End of Phase 2	1 Hour 30 Minutes
<b>Retention</b>	40 Minutes
<b>3 Month Follow Up</b>	40 Minutes