



## INVISALIGN TREATMENT

**CONGRATULATIONS ON YOUR DECISION TO BEGIN INVISALIGN TREATMENT. DR. NHU IS 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 the 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 radiographs, impressions or iTero scan, and photographs taken by Dr. Nhu's team. The number of aligners and the length of time are determined by the treatment plan Dr. Nhu develops specifically for you. Your treatment should be followed as directed.

Please refer to this handbook if you have any questions regarding your treatment. If you cannot find the answer here, please contact the office and we will be more than happy to assist you.

### INVISALIGN TREATMENT

#### **General Information**

At your first appointment you will receive your aligners, any prep work, such as spacing your teeth, or doing soft tissue stimulation for expedited treatment will be completed at this time. If you have been told you will have either of these, please expect to have slight numbing done so that you can plan your time accordingly with calls, work, etc... after the appointment. You should expect to be numb for about an hour after the appointment, with minimal tenderness after. *Your aligners will be worn for 1 week each.* Also when you receive your set of aligners, Dr. Nhu may be placing attachments depending on your treatment needs. These attachments will stay in place for the full treatment. If they come off please call our office so we can determine if they need to be replaced immediately or at the next visit.

Take care in removing your aligners. They can tear or break. Remove from the back forward, not the front to the back.

It is important to keep your aligners clean. Brush them daily when you brush your teeth. Not keeping your aligners clean can result in possible decay, gum issues, or bad breath. Do not boil aligners or place them in hot water.

Please remember that you cannot eat, chew gum, or drink sugar products when your aligners are in your mouth.

You must wear your aligners for approximately 22 hours a day, not leaving them out longer than 30 minutes, ie. the "30 minute rule". If they are not worn for the proper amount of time, the aligners will



not move your teeth the way they were designed to. On average, it takes 22 hours a day for each aligner to work properly. Sometimes a 3 or 5 day increment can be prescribed, depending on the movement required. This is at the discretion of Dr. Nhu. Accelerated orthodontic options are available - please inquire if this is something you are interested in.

Please do NOT take any NSAIDS (non-steroidal anti-inflammatory medications, Motrin/Ibuprofen/Excedrin) while in Invisalign treatment. Orthodontia works on the inflammatory process and if you decrease the inflammation, it could affect the progress of your treatment. Please take Tylenol instead. If there is an extenuating circumstance (injury, etc.) where you need to take Motrin, please discuss with Dr. Nhu.

### **Loss & Non-compliance**

If you lose your aligner during the course of treatment, please call the office. We will decide if you can move to the next set or if we need to reorder the set you lost. If it is determined that you cannot move to the next aligner, *one will be ordered for you at an additional fee.*

*If models or scans are taken for a temporary aligner during this time, a fee will be charged. We will do our best not to order a new aligner since it will put you behind in your treatment at least two weeks.*

If you habitually veer from the treatment course given to you by Dr. Nhu, the end result we discussed cannot be guaranteed. Examples of non-compliance include:

- Continual loss of aligners
- Continual tearing of aligners
- Not wearing your aligners for the specified amount of time (22 hours a day for 7 days each), or if directed otherwise
- Not showing up for your appointments
- Repeatedly canceling appointments
- Wearing the wrong set
- In rare cases, additional fees may be applied if the patient does not comply with the treatment prescribed by Dr. Nhu.



### **Refinement**

A refinement is when we take a new scan and new photographs to send to Invisalign for more sets of aligners. Refinements are included in your original fee. If you or Dr. Nhu feel more correction is needed, we can take models or scans up to three times for a refinement within a certain period of time.

If your treatment takes longer to complete than the prescribed Invisalign treatment course and you decide you are not satisfied, you have 180 days beyond Invisalign's prescribed treatment to request a change. Past that date, you will be responsible to reactivate your case, for a fee.

### **Retainers**

Once treatment is complete, we will order retainers. You will wear your post treatment retainers full time, like your Invisalign aligners, for 3 months. Four sets of Invisalign retainers are included in your case. If you veer from the treatment course and additional retainers are needed, there will be an additional fee. After the 4 sets are used (which should last 4 years), you will need to order additional retainers to protect your investment. Please plan to wear retainers every night for life after the initial 3 months are completed.

We recommend you bring your retainers with you at each checkup appointment for Dr. Nhu to evaluate them.

If you feel your teeth are changing position, please call us so we can evaluate.

### **WHAT TO EXPECT DURING YOUR INVISALIGN APPOINTMENTS**

#### **First Appointment**

You will have a detailed impressions taken or with an iTero scan, photographs, and Panorex radiographs taken (unless we already have one on file). Your treatment needs and goals will then be discussed. This visit takes approximately 45 minutes to an hour. We will then submit your case to Invisalign, and Dr. Nhu will review your treatment options and plan your case. We will call you to receive your aligners once the treatment phase is complete, which is approximately 4-6 weeks after the initial appointment.

#### **Second Appointment- Delivery of Invisalign Aligners**

You will receive 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. If you need attachments, they will be placed at this time. If we are spacing or are expediting your case, please plan to get numb at this visit and stay numb for about 1 hour afterward.



A series of appointments will be scheduled, spaced approximately four weeks apart. If you cancel or break an appointment, all appointments will need to be changed in order to keep your visits at regular intervals.

### **Monthly Visits**

We will have you come in monthly to check your aligner fit, tooth movement and spacing. Monthly monitoring ensures that your teeth are moving properly. Also please bring your next 4 sets of trays at each visit in case Dr. Nhu needs to manually adjust your current and future trays.

You need to come with the current aligner set in your mouth. Dr. Nhu will make sure your teeth are tracking or moving as they should in the aligners. Any spacing needed will be done and new aligners will be placed.

These consecutive monthly visits are generally about 20-30 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. Following your final set, an evaluation is scheduled to determine if retainers can be ordered or if further refinement is needed.

### **YOUR INVISALIGN TREATMENT COSTS INCLUDE THE FOLLOWING:**

- Invisalign records
- Models
- Panorex radiographs
- Photos
- Your prescribed number of aligners
- Regular monthly visits
- Four sets of Vivera Retainers



### **THE FOLLOWING ITEMS WILL REQUIRE AN ADDITIONAL FEE**

- Extra aligners ordered from Invisalign due to tearing or loss of aligners
- Models taken for temporary aligners (we are waiting for additional treatment such as implant crowns, etc.)
- Refinement needed after Invisalign's completion date plus 180 days
- Change in original course of treatment
- TMJ issues
- Additional retainers
- Any final restorative treatment to teeth (ex. veneers or bonding)

### **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. Remember "30 minute rule" – do not leave out longer than 30 minutes at a time.

#### **How long is each aligner worn?**

You will change aligners every 7 days, unless instructed otherwise by Dr. Nhu. We can evaluate to see if you are a candidate for accelerated treatment.

#### **Do I need to keep all of my old aligners?**

It is only necessary to keep the previous aligners to the aligners you are currently wearing. i.e.: if you are in aligners #7, keep aligners #6; when you switch to aligners #8, keep aligners #7 and discard aligners #6.

#### **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 that are being moved by the aligners. You may feel some discomfort for about a day. Tylenol usually will take care of the discomfort.



### **How do I clean my aligners?**

Each time you brush your teeth, take out the aligners and thoroughly brush them with antibacterial soap and a toothbrush. It is important to keep your aligners clean because failure to do so can result in decay, gum disease and/or bad breath. Do not boil, or use denture cleaner, as these could cause the aligners to warp or tear.

### **Can I drink while wearing my aligners?**

Yes, but be careful of drinks that contain sugar, can stain (such as sodas, tea, or wine) or are too hot. While aligners are in, water is the best bet.

### **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 unless instructed by Dr. Nhu. \*If there is a fear of losing trays (Teen, etc.) and/or you need more time in aligners, or teeth are shifting in such a way that it hurts to chew in the current tooth position, additional time can be achieved by wearing while eating. Due to the delicate nature of the trays, if you are prescribed to wear for more than 7 days per set, eating in trays may not be ideal. Please discuss with Dr. Nhu if any of these issue or concerns apply to you.

### **What happens if I lose an aligner?**

Call the office as soon as possible so we can determine if you can move to the next set or if we have to order a new aligner. There will be a fee for the new aligner if ordered.

### **What happens if I don't wear my aligners 22 hours a day for 7 days?**

Your treatment cannot work as planned if you do not commit to wearing your aligners as you are directed. If you deviate from the treatment course then there may be an additional fee to complete the treatment.

### **What is the purpose of "attachments"?**

Attachments are designed to grip your teeth and retain aligners, as well as aid in the type of movement needed to properly align your teeth.

### **Can I use an at home whitening kit in my aligners?**

Yes, using the aligners for whitening gel is an easy way to brighten your smile! You can do while in treatment, but we find the best "bang for the buck" is at the end of treatment while using retainers, so attachments are not in the way. If your treatment includes whitening gel, you will receive it at the same time you receive your retainers.



**Do I wear a retainer, and for how long?**

Yes, after treatment is complete and your teeth have moved into the desired position, it is necessary to wear retainers in order to maintain that position. You will wear retainers full time for approximately three months. After that, you will wear them only at night for the rest of your life.

**If my aligner breaks or I lose them and I cannot move to the next set, what do I do?**

Go back to wearing your previous aligners. We will need to order new aligners for you. There may be a fee for these. If a temporary retainer is needed while you wait for your new aligner to arrive, we will allow two at no charge. Any aligners needed after two will be for a fee.

**What happens if my Invisalign treatment does not work?**

Invisalign allows us three refinements to “tweak” or “fine tune” treatment to completion. A refinement means taking new scans and new photographs to send to Invisalign for more sets of aligners in order to continue moving your teeth into the desired position. We want your treatment to work as much as you do! Invisalign is a lot like exercise- if you do it as recommended, you WILL see progress!

If at any time you have questions, please call our office

Congrats again on your decision for health!!

**I have discussed all of the above with the doctor, and have had all my questions answered.**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Dentist signature: \_\_\_\_\_ Date: \_\_\_\_\_

Witness signature: \_\_\_\_\_ Date: \_\_\_\_\_