

Congratulations on your decision to pursue improved oral health with the Invisalign appliance!

The start of treatment:

- 1) Records (x-rays and photos) and scans will be gathered for Dr. Silversmith to properly diagnose your treatment and start the process of aligner fabrication. The majority of patients have a second set of records taken at the end of their first set of aligners in order to fabricate a second set of detailing trays. Thus, your individual treatment time is an estimate based on what Dr. Silversmith surmises at your treatment conference, and is not based on the number of aligners you receive in your first set.

- 2) The process of records submission, communication, and finally aligner fabrication takes 3-5 weeks. Your appointment will be scheduled for 3-5 weeks out after your initial records. If the aligners come back sooner, we will attempt to bring you back for an earlier appointment.

- 3) On your next visit you will receive the first two aligners to be worn for 10 days each (in some cases you will go directly to the bonding visit below). These will start the initial movements of your teeth and help you get accustomed to wearing your aligners 20 hours per day. We highly recommend using your calendar app to set reminders for “change days” or the “My Invisalign” app for the reminder function and useful information. The “My Invisalign” app can be set up to use the “Virtual Care” function (separate terms and conditions apply) to connect with our office without needing to visit.

- 4) On your third visit attachments (plus hooks for elastics if needed) will be bonded to your teeth as shown below, with placement varying on your specific case and movements. Each aligner stage will be worn for 1 week each unless instructed otherwise.



Treatment Progress:

- 5) ***The most important variable for success of your Invisalign treatment is your compliance to wear the aligners as instructed.*** Aligners need to be worn ***20 hours per day***, or the result can be compromised. This includes faithful wear of rubber bands, if indicated, during treatment.
- **If you have a history of TMJ, do not use the chewies, but use steady finger pressure to push the aligner in place instead, always making sure not to put pressure on your lower jaw if the problem is on the lower teeth.***

IPR/ Interproximal Reduction- During treatment, excess enamel may be removed in order to alleviate crowding. This process is either done with a drill, or manually with diamond strips flossed between the teeth. This process will not hurt you or your enamel, and may be necessary in order to achieve detailed and optimal results.

- Go to the Care and Instructions page for specific information.