

IN PREPARATION FOR YOUR ALIGNER TREATMENT:

Congratulations on your decision to pursue improved oral health with clear aligners!! Please read the following information carefully and make sure to clarify any questions you might have regarding your Invisalign treatment at Tesseyman Orthodontics.

THE START OF YOUR ORTHODONTIC TREATMENT:

1. Orthodontic diagnostic records will be gathered for Dr. Tesseyman. These records will consist of photographs of your teeth and face, select radiographs (x-rays) and a 3D digital scan of your teeth (**this means NO goopy impressions!!**). Dr. Tesseyman will use these records to properly diagnose your treatment and start the process of aligner fabrication.
2. The process of submitting your scan, communication, aligner fabrication and aligner delivery takes approximately 4 weeks.
3. At your next appointment attachments will be bonded to your teeth as shown below, with placement varying on your specific case and the movements that are required. These attachments will give your aligners something to grip onto in order to move your teeth.



TREATMENT PROGRESS:

THE most important variable for success with your clear aligner treatment is your compliance to wear the aligners as instructed. Aligners need to be worn 20-22 hours per day. Failure to wear your aligners as prescribed can result in longer, less efficient treatment times.

Your aligners will be changed on a weekly basis, unless otherwise recommended by Dr. Tesseyman. The most important indicator of your readiness to change to your next aligner is the overall fit, or passiveness of your aligners.

Your aligners should have no visible space between the edge of the teeth and the aligner itself when you are ready to change. The aligners should always fit tightly over the teeth so no space is visible at the edge of the teeth. If a gap exists, aligner chews (which we will provide) should be used faithfully until the aligner fits properly.

DO NOT TRANSITION TO YOUR NEXT ALIGNER UNTIL ALL GAPS BETWEEN THE TEETH AND THE ALIGNER ARE RESOLVED.



To use a chewy, bite down and hold 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 3 times per day, until the gap is reduced.

****If you have a history of TMJ, do NOT use chewies; instead, use steady finger pressure to push the aligner in place. Make sure not to put pressure on your lower jaw if the problem is on your lower teeth****

IPR / INTERPROXIMAL REDUCTION

During treatment excess enamel might need to be removed in order to alleviate crowding. This process is either done with a hand piece, or manually with very thin sandpaper discs that are flossed between your teeth. This process will not hurt you or your enamel and might be necessary in order to achieve optimal results.

ADDITIONAL SCANS:

The majority of patients have a second digital scan taken during treatment to evaluate progress and to fabricate a second set of detailing aligners. As you approach the end of your treatment we will take a final digital scan to fabricate your final retainers. In total you might have 3-4 digital scans throughout your treatment and multiple sets of aligners fabricated. Your treatment time is an estimate only and is not based on the number of aligners you initially receive.

CARE OF YOUR ALIGNERS:

1. Never eat or drink anything but water with your aligners in place.
2. When you brush your teeth at night, do so for 2 minutes, rinse and spit and then put your aligners right back in.
3. When eating or drinking, remove your aligners and place them into the case we will provide for safe keeping. **DO NOT** place aligners in your pocket or napkins as this will lead to accidental damage and discarding of the aligners.
4. Brush the inside of the aligners carefully after every meal. Aligners should be “crystal clear” at all times. If aligners are cloudy, this is an indication of plaque accumulation, which can be extremely damaging to your teeth, leading to scarring, decalcification and decay.
5. Brush the inside of the aligners with toothpaste and **COOL** water or with baking soda and water.

OTHER TIPS:

If you have a rough spot on your aligners, gently use an emery board to smooth out the area (this will be provided for you).

If your aligner is lost or cracked it might be ok to move into your next aligner. Just give us a call to confirm that this is ok.

We look forward to working with you to help you create a **MORE** beautiful smile and a nice, healthy and functional bite.

Thank you for choosing Tesseyman Orthodontics!!