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Congratulations on your new Invisalign appliances! We give you a lot of information on the day that you receive your aligners, so this letter summarizes the instructions and proper care to help your treatment be successful.

The number one thing to remember - it is important to wear the aligners at all times – day and night. You should remove them only to eat and to brush and floss your teeth. The teeth only move by constant contact of the aligners with your teeth.

When you first get the aligners, it may take some time to become accustomed to them. You may experience some discomfort of your teeth when you put in a new set of aligners. Some patients experience no pain, and others are sore for a week – anything in between is normal. Take Tylenol, Advil or whatever you take for a headache every four hours, and eat softer foods. Also, your teeth will feel less sore when the aligners are in your mouth. You will notice the soreness more when they are out of your mouth, so wear the aligners full time and in a few days the teeth will not be as tender.

Brush and floss your teeth carefully every day to remove all plaque before re-inserting the aligners. To clean the aligners, brush them with a toothbrush several times a day whenever you are brushing your teeth. When you have the aligners out for a meal, you may soak the aligners in water and a small amount of mouthwash to help keep them clean. You may also soak them in Retainer-brite, Efferdent, or just plain water.

Continue to see your family dentist for cleanings and check-ups while wearing the aligners.

If you ever lose or misplace the aligners, go back to the previous aligner, and call the office for advice. Sometimes we can skip ahead to the next aligner; sometimes we have to re-order the aligner. If we have to re-order an aligner, there will be a charge of \$95 for each aligner.

Office visits every six to eight weeks will be necessary for the duration of the treatment. The purpose of the visits will be to monitor the progress of your treatment, and to give the next three or four sets of aligners. Please make your appointments in advance if you need a particular appointment time. Appointment times later in the day fill up quickly, and will not generally be available with just a few days notice.

When the treatment is finished, retainers will be important to hold the teeth in their positions. I am please that we will be working together to improve your smile. If you ever have questions or concerns, do not hesitate to call. Thank you and take care.

Sincerely yours,
Julie F. McCray D.D.S., M.S.

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You are on your way with your Invisalign treatment. The records that we took today will be processed and sent with the appropriate forms to the Invisalign Company. Invisalign will follow my guidelines to come up with a treatment plan. I will view the plan via computer imaging, and approve it when I feel the treatment is appropriate.

After approval, we will have a date that your aligners will arrive at our office. We will call you and set up your pick-up appointment.

The first appointment will likely take at least one-half hour. Most of the time, we need to bond some tooth colored attachments to a few of the teeth to make the aligners stay down around the teeth better. Sometimes, we also need to make room for crowded teeth by polishing in between the teeth either on the first day or on a subsequent appointment.

Thank you for your cooperation today and for your patience during this interim period.

Financial information

Fee _____

Insurance estimate _____

Patient portion _____

Downpayment _____

Monthly payments _____ X _____ months

*Please note, any portion of insurance estimate not paid by the insurance company is ultimately the patient/responsible party's responsibility.