

**ADULT & TEEN**



— **GUIDE TO** —

**INVISALIGN**

**Invisalign braces are the leader in clear orthodontics. For just over two decades, these removable aligners have allowed adults and teens to enjoy straighter teeth without wearing traditional brackets and wires.**

**Adults of all ages are great candidates for Invisalign. These treatments are also appropriate for responsible teenagers who are committed to seeing their treatment through and comply with the maintenance required of wearing a removable system.**

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# I How Invisalign Works

Made from translucent material, these clear orthodontic aligners **reposition your teeth without fixed orthodontia**. In most cases, you wear your aligners for two weeks and then change them out with the next set. **Each set is slightly modified to gently guide your teeth into a new position.** Systematically, your teeth are corrected using nothing more than mild pressure.



# The Design and Consultation Process

Your very first step in becoming an Invisalign patient is scheduling a consultation with our orthodontist. During your visit, we will:

- Find out what aspects of your bite you want or need to address
- Discuss any concerns that you have in getting braces vs. clear aligners
- Evaluate your oral health to determine if it is good enough to undergo orthodontic treatment of any kind
- Take a series of X-rays, impressions, and photographs
- Examine your bite and jaw anatomy
- Make appropriate treatment recommendations, if necessary
- Review the cost and length of Invisalign treatment in your individual case

# What does Invisalign Correct?

Invisalign was **initially created to correct minor tooth misalignment and relapse** from previous orthodontic treatment (such as what you would see if you did not wear your retainer afterward.) **However, Invisalign technology is now so advanced that we can use it to correct everything from mild to severe bite discrepancies.** Even certain types of open bites or cross bites could be improved (we would need to thoroughly examine your teeth, first.)



# Wearing Your Invisalign Braces

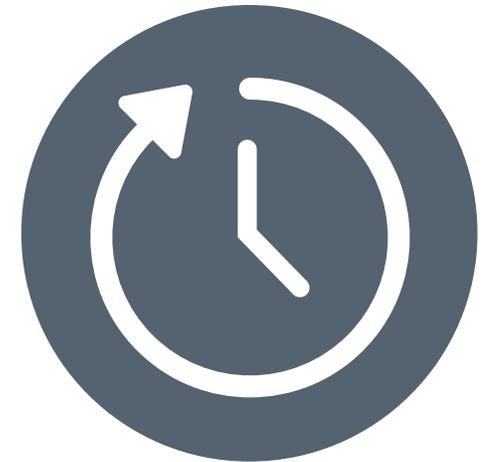
**It's extremely important that you wear your removable aligners as directed.** If not, it could cause a delay or relapse in your treatment. Here are a few things that must be kept in mind, if you are considering whether or not Invisalign is right for you:

- Wear your aligners for a minimum of 20-22 hours per day, no less.
- Remove Invisalign braces each time you eat.
- Do not progress to the next set of aligners until our orthodontist directs you to.
- It is normal to feel a small amount of pressure on your teeth when moving into the next set of aligners.
- Failing to change your Invisalign trays out as directed will cause a delay in tooth movement.
- Clean your aligners as directed, as certain temperatures or chemicals can cause irreversible damage and warping.

# I Length of Treatment

How long your Invisalign treatment lasts is determined on a case-by-case basis. **It can depend on factors such as who is performing your treatment, how well you comply with wearing your aligners, and the severity of your bite.**

During your consultation, our orthodontist will be able to provide you with an estimate of the total treatment duration. Unfortunately, it's impossible to provide an accurate estimate over the phone. That's why **we offer Invisalign consultations free of charge.**



# When to Change Out Your Aligners

Other than taking your aligners out for oral hygiene purposes and during meals, they should be worn at all hours of the day. Each set of Invisalign and Invisalign Teen trays comes with a built-in wear indicator to remind you when your aligners should be changed out. For most people, this is every two weeks. **It's important that you change them out as directed, so as not to unnecessarily delay your response to treatment.**

# Will Dental Insurance Cover Invisalign Braces?

Most dental insurance policies will cover orthodontics in general (including Invisalign.) Our financial coordinator will contact your carrier to determine a breakdown of your benefits, so that we can provide you with an accurate estimate of the treatment costs.



# I Invisalign Costs

The cost of getting braces often depends on how extensive your treatment needs are. **With Invisalign, the costs are fairly close to that of traditional braces and cosmetic orthodontic treatments.** Our financial coordinator will factor in any insurance benefits that you have, to determine the overall cost of your Invisalign braces.

Affordable in-office financing makes it easy to work your Invisalign treatment into your monthly budget. **0% interest payment plans start as low as \$99/month.**



# Home Care and Oral Hygiene

Perhaps the biggest advantage of wearing Invisalign (besides their “clear” design) is just how easy they are to care for. **There are no restrictions in the types of food that you can eat, because the aligners are removed at each meal.** Consequently, you do not need any special oral hygiene aids to clean around your teeth.

**Remove your aligners at least twice a day to brush your teeth thoroughly. Remember to floss at least once daily.** Rinsing throughout the day can help to reduce additional acids or biofilm that collect under your aligners, between meals.

**Clean your aligners with a soft toothbrush and lukewarm tap water.** Do not use hot water or unapproved cleaning products (such as bleach) as you could warp the aligners and cause them to not fit.



# Follow-Up Appointments

Because Invisalign is a treatment that you progress on your own, **our orthodontist does not need to see you for quite as long or often as the routine orthodontic patient.**

**In most situations you will only need to stop by our office for a brief evaluation every six to eight weeks.** During this visit, we will monitor your progress to ensure that everything is moving along properly and then send you home with the next several sets of aligners.



# | If You Lose an Aligner

We understand that sometimes aligners get lost...especially if you're a teenage patient and taking your braces out during school lunches or at camp. **Invisalign Teen has a limited number of built-in replacement aligners that are available at no extra charge.** Just call our office so that we can order yours as quickly as possible.

Find out why so many adults and teens are choosing these clear, advanced braces. **Schedule your no-fuss consultation with our orthodontist today.**

# Complimentary Full Exam

Call (301) 262-8500 to setup a **FREE “Get Your Smile Options” consultation valued at \$249**. This deal will cover a full exam and X-Rays at no cost to you.



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**CERTIFICATE**  
Complimentary Full Exam

**\$249** value  
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**Dr. Aliu**