

FAQ GUIDE FOR CLEAR ALIGNER PATIENTS DURING COVID-19 PANDEMIC



There are four brands of clear aligners in use at Edge Orthodontics. They are Suresmile Aligners that are fabricated by our own laboratory, Spark, Angel Align and Invisalign. The following information applies to all of these systems as they all move teeth in the same way

I HAVE JUST STARTED A SERIES OF ALIGNERS

If you have just started a series of aligners (Either start of treatment or refinement) and have had your attachments bonded, you are in luck. Clear Aligner therapy can continue for months with minimal intervention from the orthodontist.

The success of your treatment will depend on your vigilance with wearing the appliance. Continue to wear your aligners 22 hours per day and don't progress if you find that an aligner does not fit perfectly. Make sure to use your chewies and bite and hold to seat the aligners in areas where you may see visible space between your tooth and the aligner. For best use, bite into your chewie for 10 seconds and work it around your teeth lightly biting holding for a 2-minute session.

I HAVE RUN OUT OF ALIGNERS OR WILL RUN OUT OF ALIGNERS SOON

If you no longer have aligners to continue to your next week, it is perfectly fine to reduce your last aligner wear to a retainer phase of 10-12 hours per day to ensure that your teeth stay in position and make your aligner last longer. Keep your aligners clean and avoid all drinks other than water while wearing them. When our office reopens, we will make a new digital scan for new aligners.

If you have less than 8 aligners remaining we would recommend slowing down aligner your progression to every fortnight to preserve the aligners that you have.

If you are concerned about the progress of your treatment please follow our photography guidelines for how to take photos of your teeth at home and email the photos to us.

A good demonstration is available on Youtube at Hurley and Volk Orthodontics.

https://www.youtube.com/watch?v=HADt1gT_GHU&t=3s

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WHAT DO I DO IF I HAVE LOST AN ALIGNER?

We recommend advancing to the next aligner and wearing it for two weeks instead of one week until it fits passively.

If you have no more aligners left, stay on your current aligner and wear it as a retainer 10 to 12 hours per day.

Please inform our practice by email so that we can plan your next visit.

WHAT DO I DO IF I HAVE LOST A CLEAR ATTACHMENT?

In most cases you should continue as planned. Your teeth will continue to move however the movements may not be as accurate and you may require a refinement.

While we always seek to minimise the number of refinements that patients have, a refinement shouldn't be considered a treatment failure, particularly in the current circumstances.

If you are concerned that the loss of the attachment is causing your aligners to not fit perfectly, we would advise that you slow down the progression of your aligners until they fit again.

Please inform our practice by email so that we can plan your next visit.

WHAT DO I DO IF I LOSE A CLEAR OR METAL BUTTON THAT I AM USING FOR ELASTICS

The simple and only solution here is to cease wearing the elastics.

Please inform our practice by email so that we can plan your next visit.

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WHAT SHOULD I DO IF I WAS SCHEDULED TO START INVISALIGN SOON?

We are thrilled for all our patients to take this exciting step. If you have started the process of clear aligner treatment with a scan and are scheduled to have your aligners delivered, we will be in contact shortly to discuss options for moving forward. One option is to start without attachments and proceed with advancing your aligners more slowly. When we re-open, we will place the attachments onto your teeth.



WE ARE TOLD TO WASH OUR HANDS FREQUENTLY; HOW SHOULD WE HANDLE WEARING ALIGNERS, RETAINERS, ETC?

It is important to continue wearing your aligners and your rubber bands to maintain your treatment progress, or your treatment result if currently wearing retainers. Follow recommendations by washing your hands thoroughly with soap and water before and after removing or placing your aligners, retainers, or elastics. These items can also be washed or cleaned in a diluted vinegar and water solution (1/3 white vinegar to 2/3 cold water). An old toothbrush is ideal for this purpose. After cleaning the appliance, rinse thoroughly in cold water.

To keep you updated on how our office is responding and to maintain a centralized place for resources such as this, we will be updating our website regularly www.edgeorthodontics.com.au

Social media will be the fastest place to learn new information from us.

Follow us on Facebook [@edgeorthodontics4151](https://www.facebook.com/edgeorthodontics4151) for updates or check out our YouTube Channel by searching Edge Orthodontists Youtube, or by using the link:

<https://www.youtube.com/channel/UCv5E9W8dj5VGCWUSw7g7SMw/>

Thank you for your understanding, and we are truly grateful that you have chosen to support our practice. We wish you all good health, and we can't wait to see you again in person soon!

Dr Crowther, Dr Phelan, Deanna, Nicole, Lisa, Grace, Emma, Kayla and Chloe