



Success with Dr. Mark Rykiss and Invisalign

Congratulations on choosing the most innovative, comfortable and convenient orthodontic treatment available. The following guidelines will help you move through your Invisalign treatment in a smooth and effective way. You are working with the #1 Invisalign Provider in Canada. However, we need your full cooperation to get to the finish line so **please read, initial and remember the following:**

- *Invisalign aligners should be changed every 7 days unless Dr Rykiss advises an alternate treatment course and worn 24 hours per day except when brushing and eating.*
- *Save all of your old aligners (can be kept in original packet or a large Ziploc bag) - Invisalign aligners can be cleaned in the ultrasonic machine (that we give you). Retainer cleaning tablets can be purchased (Wal-Mart, Shoppers, etc) or 1 part water, 1 part white vinegar, and a teaspoon of baking soda. Do not soak the aligners in mouthwash, as the alcohol will make them brittle.*
- *Your treatment length will be as discussed at the consult (usually 15-20 months). Your first series of aligners represents a portion of your treatment and usually consists of anything from 25-50 aligners. Once you are at the end of this series, we will do some “refinement” to continue on with treatment to meet our original treatment goals. We will take new PVS impressions again, and you will receive additional aligners.*
- *While in treatment, please discuss any additional dental work with us. It is important that the contour of the teeth remains the same or the aligners may no longer fit properly.*
- *Attachments or “invisible bumps” may be bonded during treatment to help the aligners “grab” the teeth. If an attachment falls off, please call the office to have them rebonded. Attachments on the lower front teeth or behind the upper front teeth should be rebonded ASAP. Other attachments can usually wait until the next appt.*
- *Interproximal reduction (IPR, slenderizing, filing) of some teeth may be prescribed by Dr Rykiss to create space for teeth, to bring teeth into alignment, to improve bite or to make the teeth more attractive. (This would have been discussed at your new patient consultation) Please ask for IPR info sheet or share any questions with us.*
- *If elastic wear was discussed at your consultation and is part of your treatment plan, it is required to move your teeth to the ideal position. Without the necessary time in elastic wear your teeth will not move to the desired location. If an elastic hook or button comes off please call the office to have it rebonded ASAP. Stay on your current aligner until you are wearing elastics again.*

Success with Dr. Mark Rykiss and Invisalign, cont'd

- *The most common cause of poor fit of aligners is insufficient wear. If your aligners are not fitting properly, go back to previous aligners and find the one that fits properly. Bring previous aligners to your appointment with Dr Rykiss if poor fit is an issue.*
- *If your aligner is damaged beyond wear please move to the next aligner.*
- *If you have not been wearing your aligners at all, please come in with all your aligners so that we can get treatment back on track and achieve our treatment goals. If we haven't seen you for over 6 months, we may need to do a mid-course correction for which an additional fee will apply.*
- *Unless other arrangements have been made, we need to monitor your progress on a regular basis (every 8-12 weeks). It is your responsibility to book appointments on the date and time that works for you.*
- *Retention is important after any orthodontic treatment and is a lifelong project. It is your responsibility to wear retainers or last aligner post treatment so that your teeth do not relapse. We will monitor your retention phase for one year. As with braces, if your teeth relapse due to non-compliance with retention, there will be an additional cost to you.*

Please call us with any questions or concerns you may have at (204)925-4746 (Winnipeg) or (416) 644-1122(Toronto) or write to us at mrykiss@aol.com