

Getting Started with Dr Mark Rykiss and Invisalign Teen



- 1) Come for a consultation to learn about **Invisalign Teen**, ask questions and get answers. *(45-60 minutes)*
- 2) Start your treatment by having “records” taken including impressions, and x-rays *(60-90 minutes)*. You will take home a “goodie bag” with practice aligners, complimentary bleach to whiten your teeth (just for fun), ultrasonic cleaning machine (to keep aligners sparkling clean), retainer cases (to store aligners when they’re not in your mouth)
- 3) Yahoo! Your **Invisalign Teen** aligners are here! Pick up aligners as well as additional aligners and learn about their wear and care. *(30 minutes)* See you in 4 weeks to have your attachments added.
- 4) Invisible Attachments or “bumps” are bonded to certain teeth (never the front ones) if and where Dr Mark has prescribed them. *(appointment time depends upon the number of attachments, usually 20-60 minutes)*
- 5) See you every 6-12 weeks to monitor your progress and make sure your treatment is running smoothly, to add/ remove attachments, to provide IPR (inter-proximal reduction or slenderizing of teeth which reduces crowding and creates space for rotation of teeth) if necessary. In some cases, Dr Rykiss may prescribe elastic wear with your Invisalign Teen treatment (clear elastics that attach to tooth collared hooks from the upper teeth to the lower). All of these aspects of your treatment would have already been discussed and explained at your first visit. *(usually 20-30 minutes)*

Your job will be to wear your clear, comfortable aligners all the time and follow Dr Mark’s instructions. It’s just that easy!

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