



## **Eight steps until a beautiful smile with invisalign**



### **1. Consultation with orthodontist**

During the visit, the doctor will assess the condition of your teeth, explain the treatment process, duration and costs. If necessary, she or he will refer you to a dentist or dental hygienist.

### **2. Full diagnostics**

X-rays, photos, intraoral scanning of teeth. Diagnostics is a prerequisite of good quality planning.

### **3. Planning of treatment**

Doctor plans treatment approximately for 4-8 weeks following the diagnostics.

### **4. Elaborated treatment plan**

The treatment plan – visualisation will be sent to you in e-mail. The attending staff of the clinic will contact you and, if necessary, will schedule for you a consultation about the plan with the treating orthodontist. Once the plan is approved, next step is ordering of the production and shipping of retainers from the U.S. Shipment lasts up to 4 weeks. When the retainers are received in the clinic, a patient clerk will contact you to agree on the best time for a visit.

### **5. Receiving of retainers, fixing of attachments**

When you come to visit, you will have attachments – small fillings in teeth colour – affixed to your teeth. You will be instructed regarding use and care of retainers. You will have next visits, the regular appointments, scheduled – usually 1 x 3 months.

### **6. Active treatment**

It requires wearing retainers 22/7. It may additionally require inter-jaw rubbers. It will be shown by the attending staff.

### **7. Additional retainers**

Sometimes, after the initial treatment period with retainers, additional retainers are ordered to achieve the best treatment result.

### **8. Finalisation of treatment**

x-rays, photos, removal of attachments, making of night retainers. Night retainers are intended for post-treatment, and they must be inserted only for a night.