



ENGINEERING SPECTACULAR SMILES WITH SUPERIOR SERVICE FOR AMAZING PATIENTS®

ALIGNER INFORMATION

Papandreas Orthodontics is the Invisalign Top 1% practice nationwide with experience from over 10,000 patients over two plus decades of specialty orthodontic care. Dr. Papandreas is The Certified Orthodontic Specialist® on straightening the teeth and bite with approved post-graduate expert training by the American Dental Association. Much time and effort by Dr. Papandreas has already gone into custom designing and data engineering your aligners. The result is a specific match of these appliances to you for the safest and most efficient pathway to your Spectacular Smile!

To effect the best result and minimize the cost of additional aligners, please follow the exact instructions below unless otherwise noted specifically and only by Dr. Papandreas.

1. Take trays out to eat, drink, give a formal speech, play a sport, but wear them at least 21 hours a day.
2. Never stop wearing your trays even if you get to the first retainer (remember you will stay and hold 5 trays short of the actual number of trays we have given you).
3. Always keep your old trays as confirmation of where you are in the overall sequence and as backups.
4. Find your easiest way to place and remove trays so as not to break the buttons on your teeth. Do not intentionally bite on the button, you will break them.
5. If you break a button forge on since added buttons are built into the system. We will see a broken button via the PRO App and will reach out if it needs repair.
6. If you break or lose a tray jump to the next upper and lower tray in the series, just don't do this more than once every few months as it will reduce the final result.
7. Do not clench/grind on your trays during the day, this overpowers them and can adversely affect the bite.
8. Keep your teeth and trays clean at all times. A toothbrush and toothpaste at the end of the day will do fine. Do not eat or drink anything except water while wearing trays. Cavities and staining of teeth can occur even with aligners so stay vigilant!
9. Spaces, loosening of the teeth may temporarily occur and is normal, continue your progression of trays.
10. Different teeth and trays will feel tight and/or lose from one week to the next, forge on regardless.
11. If there is a rough edge you can use a fingernail file to smooth it.
12. Not all teeth (and sometimes the patient too) will not follow all instructions. This does not change your daily wear nor tray switch interval. Most often we will progress to the first retainer and then assess the need for added trays.
13. Show off the amazing transformation and tell your friends about your Aligner Specialist!

14200 Ridge Rd * North Royalton OH (440) 582-8585 | 3511 Center Rd, Brunswick OH * (330) 558-9092

www.DrPapandreas.com



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PRO - Papandreas Remote Orthodontics App

We have been virtually monitoring our patients care several years to track treatment more closely via PRO. This service provides a far superior result with fewer visits by you and with no added cost. We will monitor and keep you apprised of tooth movement, tray fit, button breakage, oral hygiene, and more.

We have found greater scan consistency, accuracy, and improved final results in treatment utilizing the Scan Box shown here. We do not build this cost into your treatment since not all will see the true value...but Dr. Papandreas highly recommends the Scan Box, there is a one-time fee of \$95.



Physical visits which require hands on work are most commonly 5 to 6 months apart, should any changes require more frequent visits we will reach out to you directly. As always you are welcome and encouraged to visit Dr. Papandreas as frequently as you like with any questions!

You will receive an email from Dental Monitoring to download and activate the PRO App. Please do this now and take your 1st scan today to match your being on tray #1.

How often do I take a scan?

You will be scanning your teeth once every week on a set day in the morning, and then changing to your next aligner that evening prior to bed. Dr. Papandreas has custom designed your biologic tooth movement to match a specific aligner change interval, do follow his specific instructions. You can modify as needed your current tray # in the app should you get out of sync for any reason.

Please bear in mind we are reducing the number of physical visits to the office while improving overall care. The remaining in-person visits are longer, fewer, farther in-between, and during the work/school day so our team has the appropriate amount of time for you. This will mean some time away from work or school but it is far less compared to all visits being on-site. Finally please no remote questions about scheduling as we do not have access to this info on the app. 😊 See you online!

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