



Dear patient,

You are eligible for a virtual appointment for your next visit.

The coronavirus pandemic has affected everyone from school closures to mandated business closures. Dentists have been ordered to suspend all non-urgent dental care until May 11. This obviously is affecting many patients and dentists alike. Starting May 11 when we can resume normal care, our schedule will be challenging to try to accommodate the backlog of appointments needed.

You have an Invisalign visit scheduled with us soon. We have checked your chart and Invisalign sequencing and your next visit looks like a straightforward visit to check the fit of the aligners, tooth movement progress, and any elastics if applicable. We could complete this visit with a virtual appointment if you could take a few photos to submit. If you feel your aligners are going well and don't have any major concerns at this time, we are asking to complete your next visit with a virtual appointment. This will help us free up some time in our schedule to get as many people back on track as quickly as possible.

Attached is a handout with instructions on how take a few photos and submit to us. We can then review the photos along with your treatment plan and reply back to you within a few days with specific instructions to continue with your aligners or whether we feel the need to schedule a physical appointment. After this virtual appointment, we will return to normal visits in the office. Please let us know via email or phone whether you would be interested in doing this.

In addition to the photos, we would need you to include answers to the following questions:

1. What aligner number are you currently on?
2. How many hours per day (out of 24 hours including sleeping) do you average wearing the aligners?
3. Do the aligners feel like they fit well or are there any areas of fit concern that you have noticed?
4. If applicable, are you wearing your prescribed elastics (rubber bands) and if so, how many hours per day are you averaging? If you need any more elastics just let us know and we will mail you more.
5. Do you have any additional concerns or comments?

See photo instruction below. We thank you for your support during this challenging time.

Virtual Invisalign Check – Photo Instructions

We will need 7 photos for your virtual Invisalign check. The first 5 are of your teeth with your aligners out. The last 2 are of your teeth with your aligners in. Let's start with everyone washing their hands.

We suggest using spoons to help retract your cheeks and lips. When using spoons as retractors have the round convex side facing the teeth. We recommend smaller spoons for younger kids and larger spoons for older kids and adults.

If taking photos of a young child, and 2 parents are available, 1 parent can hold the spoons to retract the cheeks (either from the front or from behind) while the other parent takes the photos. See examples below.



Holding spoons from behind



Holding spoons from the front

With Your Aligners Out:



1. Use the spoons to retract the cheeks. With the aligners out, have the patient bite down on their back teeth and take the photo from the center.



2. Still using both spoons as retractors, pull back on the right side a little more, have the patient bite down on their back teeth and take the photo from the right.



3. Now pull back on the left side a little more, have the patient bite down on their back teeth and take the photo from the right.



4. Have the patient tip their head back, pull their upper lip up with their fingers, and try to capture the entire upper arch (no spoons, just 2 fingers).



5. Have the patient tip their head down slightly, pull their lower lip down with their fingers, and try to capture the entire lower arch (no spoons, just 2 fingers).

With Your Aligners In:



6. Now with the aligners in, use the spoons to retract the cheeks out and up, have the patient open slightly and take the photo from the center.



7. Still using the spoons to retract the cheeks out and down, have the patient open slightly and take the photo from the center.

Now that you have taken the photos, please crop them as shown and email them to info@williamsorthodontics.net. Congratulations, you did it!

We will review your photos along with your treatment plan and reply back within a few days with specific instructions. Thanks.