



# COVID-19 Instructions for ATO patients

We have developed this resource to assist our patients in active orthodontic treatment or retention during our COVID-19 closure. For more information or for individual questions please contact our office at (603) 434-1090 Monday through Wednesday 8AM-3PM. If you need emergency care feel free to contact our emergency line at (603) 493-4043.



INVISALIGN	BRACES	EXPANDER	RETAINERS
<ol style="list-style-type: none"> <li>1. Continue to wear and change your aligners as prescribed.</li> <li>2. If you have questions about teeth “tracking” properly please schedule a <b><u>virtual check-in appointment</u></b>.</li> <li>3. If you have run out of aligners, do NOT stop wearing them.</li> <li>4. Once finished, wear your last pair of aligners 12 hours per day until you see us next.</li> <li>5. If you lose or break you last aligner go back to the previous aligner.</li> <li>6. Continue to wear elastics as prescribed. If you run out, let us know and we can mail you more.</li> <li>7. Keep your aligners and teeth clean at all times!</li> </ol>	<ol style="list-style-type: none"> <li>1. Continue to wear your elastics as prescribed. If you run out, let us know and we can mail you more.</li> <li>2. If you have a pokey wire, see if you can trim it using cuticle scissors, or a nail clipper. Use wax for temporary relief.</li> <li>3. If you have a bracket that breaks in the back of your mouth, it is OK! We will fix it at your next appointment.</li> <li>4. If a front bracket breaks please schedule a <b><u>virtual check-in appointment</u></b> to discuss how we will proceed.</li> <li>5. Avoid sticky and chewy foods to reduce the likelihood of breakage.</li> <li>6. Brush, floss, and keep your teeth clean!!</li> </ol>	<ol style="list-style-type: none"> <li>1. Continue to do your turns as prescribed. Stop turning once you have reached your prescribed number of turns DO NOT continue turning.</li> <li>2. Once you have finished your turns please schedule a <b><u>virtual check-in appointment</u></b> so that we can advise you of your next steps.</li> <li>3. Keep your teeth and the expander clean at all times with daily brushing/flossing.</li> </ol>	<ol style="list-style-type: none"> <li>1. Wear your retainer(s) as instructed.</li> <li>2. If you lose or break a retainer please contact the office to discuss your options.</li> <li>3. If you are an Invisalign patient wearing Vivera retainers, your last aligner may be used as a “back-up” retainer. Please call the office to discuss your options.</li> </ol>



If you are unsure what to do, please complete the Virtual Appointment on the next page.



# The ATO Virtual Check-in Appointment:

During our COVID-19 closure, we are working on ways to stay connect and support our patients who are in active orthodontic treatment. We apologize for not being able to see you for an in-office appointment during these uncertain times. However, we have been trying to think outside of the box and would like to offer you a "virtual check-in appointment". This will allow us to help monitor your treatment and answer any questions or concerns you may have.

The process is quite easy and it involves two steps:

## 1 TAKE PHOTOS

Using spoons (to retract your lips and cheeks) and your mobile phone, take 5 photos as shown below:



CENTRE



UPPER TEETH



LOWER TEETH



RIGHT SIDE



LEFT SIDE

## 2 TEXT THE PHOTOS TO US AT: 603-493-4043

## Tips to having great photos:

- Have a friend take the photos for you.
- Make sure your flash is on.
- Try and capture just your mouth/teeth if possible.
- Relax your lips - don't make them tense!
- MOST IMPORTANT: keep your teeth together while taking the photos and make sure to bite on your back teeth.

Our team and Dr. Polgrean will then review your photos and get back to you within 1 business day. For some in-person appointments that we had to cancel we may reach out and ask you to complete a Virtual Appointment. Alternatively, you may complete a Virtual Appointment any time at your convenience.