

# Congratulations on Beginning Your SureSmile Journey!

We are THRILLED you chose brush365 for your SureSmile Treatment! We take immense pride in being a premier SureSmile provider and always encourage our patients to straighten their teeth under the care of a dentist. In your journey to straighter teeth, please keep this packet handy. It includes an FAQ, instructions on how to use and care for your SureSmile, and a general consent.

## I've taken my impressions and had my pictures taken... when do I get started with treatment?

After we do your diagnostic imaging, it takes SureSmile 2-4 weeks to get your aligners to us. Sometimes if there are discrepancies in your impressions, we may need you to return to our office so we can retake them. This could add some time to when your aligners arrive. The good news is that as SOON as they come in, a friendly team member will reach out to you to get scheduled!

## How often do I need to wear my aligners?

Your aligners need to be worn 22-24 hours a day! That means you are really only taking them off for meals and to brush your teeth. You can drink liquids with them on. If you're drinking a darker liquid, we recommend using a straw so they don't stain. Your doctor will let you know how many days you need to wear each tray.

## How do I clean my aligners?

We recommend using a separate toothbrush for cleaning your aligners. Toothpaste will cause your aligners to get a thick film on them that can be unsightly. Use your cleaning crystals or dish soap to best clean your aligners. There are also some products on Amazon like Retainer Brite.

## What happens if an attachment comes off?

No need to worry. Just let us know at your next appointment and we'll determine if it needs to be reattached. If it does, we'll take care of it!

## My gums are bleeding. Is that normal?

When your gums bleed, that's usually a sign that more care needs to be taken to keep your teeth clean. Remember to brush your teeth after each meal (prior to putting your aligners back on) and to make every effort to keep a clean mouth!

## My trays don't feel like they're fitting well. What should I do?

VPro & chewies to the rescue! Utilize these for 5-10 minutes daily to ensure your aligners are fully seating. If they still feel off, call us!

## Where can I get more cleaning crystals or cases for my aligners?

You can find these items and more on Amazon!

## What's included in the cost of SureSmile at brush365?

- ✓ Comprehensive or Limited SureSmile Therapy Aligners
- ✓ 1 Box of Retainer Brite Cleaning Tablets & 1 Pack of Chewies
- ✓ 2 complimentary SureSmile aligner cases
- ✓ FREE VPro Vibration Device (valued at \$500) for Comprehensive Cases to promote efficient movement and full tray seating.
- ✓ FREE professional grade teeth whitening gel (4 tubes) at the completion of your treatment.
- ✓ FREE refinement period (for Comprehensive Cases) - if you aren't over the moon with your results, we'll do one additional round of SureSmile. See Refinement Period Agreement for more information.
- ✓ FREE "teeth smoothing" of the edges of your front teeth at the end of treatment

## I lost my trays. Now what?!

As a handy suggestion, be sure and ALWAYS keep your previous set of trays. That way if you lose the ones you're currently on, you can immediately pop in the prior aligners so you don't relapse. Be sure and let our office know that you need to order replacement trays. For lost aligners, there is a fee to replace them. So try not to lose them!

## Can I get a refund if I don't want to do SureSmile anymore?

SureSmile is non-refundable! The good news is that if you wear your trays and follow the instructions, your teeth WILL get straighter!

## My teeth are sore after I change my trays. Is that normal?

Yes! We are moving teeth after all! The soreness should only last a day or two. Do not take anti-inflammatory pain medication. We WANT inflammation since that's how your teeth move effectively. We recommend you take Tylenol for any soreness and discomfort. As a friendly tip, change your aligners at night so that you can sleep through that initial discomfort. PS. VPro helps with this, too!

## Are there any food restrictions with SureSmile?

Since you remove your aligners to eat, eat whatever you please! Just be careful with crunchy foods since they can chip off your attachments.

## Will SureSmile impact that way I speak?

Just as with any orthodontic treatment, it takes a few days to adjust to having something in your mouth. Most patients say they don't notice any change in their speech while others have a little bit of lisp for the first couple of days. Your speech will go back to normal once you acclimate to your aligners.

## How often will I see my doctor at brush365?

For Comprehensive cases, we recommend check-in appointments every 10 trays or so. For Limited Cases, we check-in at least one time during your treatment.

## Can I smoke with SureSmile?

It is not recommended to smoke while wearing your aligners. This will very quickly cause a deep yellow stain in your aligners making them unsightly. Smoking can also stain your attachments and your teeth in general.

# brush365

DENTISTRY WITH INTEGRITY

I hereby give brush365 and any and all employees/agents of brush365 the right and permission to take photographs and/or videos of my face, jaws, and teeth before, during, and after treatment. I consent to allow the photographs to be used for the following reasons:

- Dental research
- Dental education such as study clubs, lectures, demonstrations, and professional publications
- Marketing materials including website, social media, and printed materials
- Patient education

I further understand that if the photographs and/or videos are used, my name or other identifying information will be kept confidential.

I do not expect compensation, financial or otherwise, for the use of these photographs.

Patient Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

*The template provided below does not, and is not intended to, constitute legal advice. Instead, all information, content, and materials are for general informational purposes only. You should contact your attorney to obtain advice with respect to any particular issue or question.*

Dentsply Sirona Orthodontics Inc. d/b/a SureSmile®

## SureSmile® Treatment Consent Form

Congratulations on your decision to pursue orthodontic treatment for you or your child. SureSmile® clear aligners are an excellent choice made by your doctor to create beautiful, new smiles. Please read the following information and make sure that you ask any questions or raise any concerns you may have before signing the Consent Form.

### RISKS OF TREATMENT

- 1) Failing to follow doctor instructions may interfere with achieving treatment objectives. This includes not wearing appliances as directed or missed appointments. All treatment times are estimated and may be extended by eruption of teeth or issues related to patient's specific dentition, including uncommon tooth shape and any other anomaly encountered during treatment.
- 2) Inadequate patient oral hygiene during treatment may result in decay, gum irritation, tissue disease or permanent discoloration of teeth. In the event that all hygiene instructions are not followed, including regular brushing/flossing and regular practice of standard oral hygiene, intraoral inflammation or gum disease may result.
- 3) Minor discomfort when switching aligners during treatment is expected. However, any concern regarding pain or difficulty with placing a new appliance should be immediately reported to your doctor or staff. Patient may experience irritation to gums, cheeks or lips during treatment, which should also be communicated to doctor or staff. Allergic reactions are also possible and should be reported as well.
- 4) Interproximal (space between the teeth) re-contouring or minor shaping may be required to allow space for teeth to move for proper alignment.
- 5) Orthodontic treatment involves moving teeth and teeth may shift after treatment. Retainers must be worn at the direction of your doctor to control this tendency. In short, wearing retainers post-treatment is essential to maintaining your new smile.
- 6) In some cases, additional treatment appliances may be required for treatment plans. Such supplemental clinical requirements will be explained by your doctor. These may include the need for oral surgery to correct jaw position or severe crowding, which must be completed prior to aligner treatment.
- 7) Notify your doctor of any medical conditions/medications as they could affect treatment.
- 8) Dental implants cannot be moved by aligners. Additionally, existing restorations may require repositioning or replacement as the result of treatment, which may require additional dental, surgical or endodontic treatment. In extreme cases, teeth may be lost.
- 9) Orthodontic appliances can possibly be swallowed or aspirated. Any looseness of aligners or any other appliance used during treatment should be immediately reported to your doctor. In cases involving extreme crowding or missing teeth, product breakage is more common.
- 10) As is the case with any public health-care setting, it is possible that the doctor will not always be successful in preventing the transmission of a highly infectious virus. I

assume the risk that I or my minor trustee may be exposed to a communicable disease in the doctor's office and/or by use of SureSmile Aligner products.

### **SureSmile® Aligner Treatment Consent**

Orthodontics is not an exact science, and I acknowledge that Dentsply Sirona Orthodontics Inc. d/b/a SureSmile and its subsidiaries (collectively, "SureSmile") and my doctor have not and cannot make any guarantee or provide any other assurances regarding the outcome of any treatment. I understand that SureSmile is not a provider of medical, dental or health care services and does not and cannot practice medicine, dentistry or give any medical advice. All clinical and treatment decisions made rest with my doctor.

In signing this Consent Form, I am indicating that I understand the risks or options available for orthodontic treatment. Any concerns or questions that I may have had were sufficiently explained or answered by my doctor and I consent to treatment for myself or a minor under my legal care. I also agree that the doctor may provide medical records, including but not limited to, x-rays, reports, charts, medical history, photographs, findings, dental plaster models or impressions, diagnosis, prescriptions, testing and results, billing or any other records regarding treatment and in my doctor's possession relating to me or a minor trustee under my care (collectively "Records") to SureSmile or other licensed dentists or orthodontists. I also agree that SureSmile, including but not limited to its employees or other representatives, successors, or assigns, may release such Records to health care providers or to SureSmile's employees or other representatives, successors, and assigns for any educational, commercial, or research purposes.

I also understand the any use of my medical records may result in the disclosure of my or my minor trustee's "individually identifiable health information" as defined by the Health Portability and Accountability Act ("HIPAA"). I will not, nor anyone acting on my behalf or on behalf of my minor trustee, seek legal, equitable or monetary damages or remedies for such disclosure. I understand that no compensation will be provided for use of my Records, which is without compensation. I acknowledge that I as well as anyone on my behalf shall not have any right of approval, claim of compensation or right to seek legal, equitable or monetary damages or remedies resulting from any use or disclosure permitted under the terms of this Consent Form.

I agree that I have read, understand and agree to terms stated in this Consent Form as indicated my signature below; a photostatic copy of this Consent Form will be regarded as effective and valid as an original.

Print Patient Name: \_\_\_\_\_

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Guardian Signature  
for Minor Trustee: \_\_\_\_\_ Date: \_\_\_\_\_

**FOR USE IN U.S. ONLY**

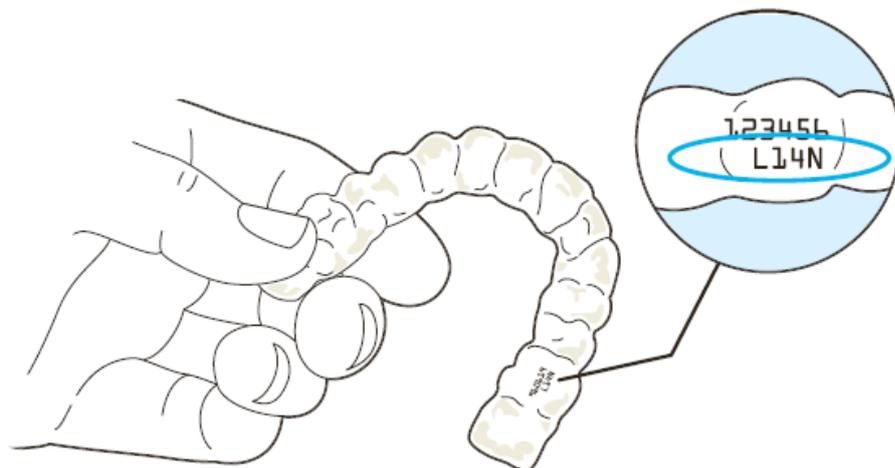
# USE AND CARE INSTRUCTIONS for your SureSmile® aligners

## WEARING AND USING YOUR SURESMILE® ALIGNERS

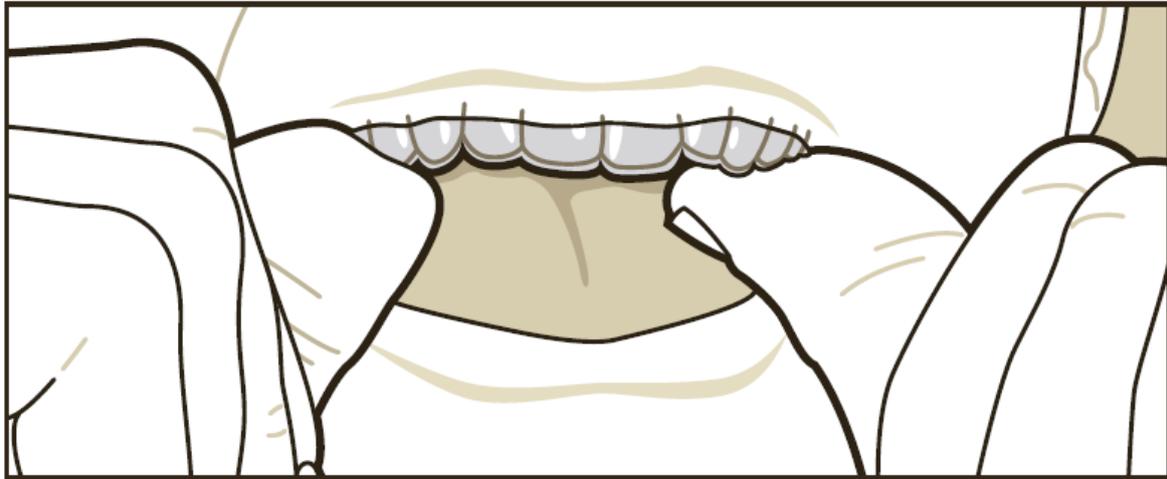
Here are some tips to help ensure proper use and avoid damaging your aligners.

Always Remember To

1. Wear your aligners per your doctor's instructions, usually 22-24 hours per day.
2. Wash your hands thoroughly with soap and water before handling your aligners.



3. Handle only ONE aligner at a time.



4. Rinse your aligners when removing them from the packaging.

#### Aligner Insertion

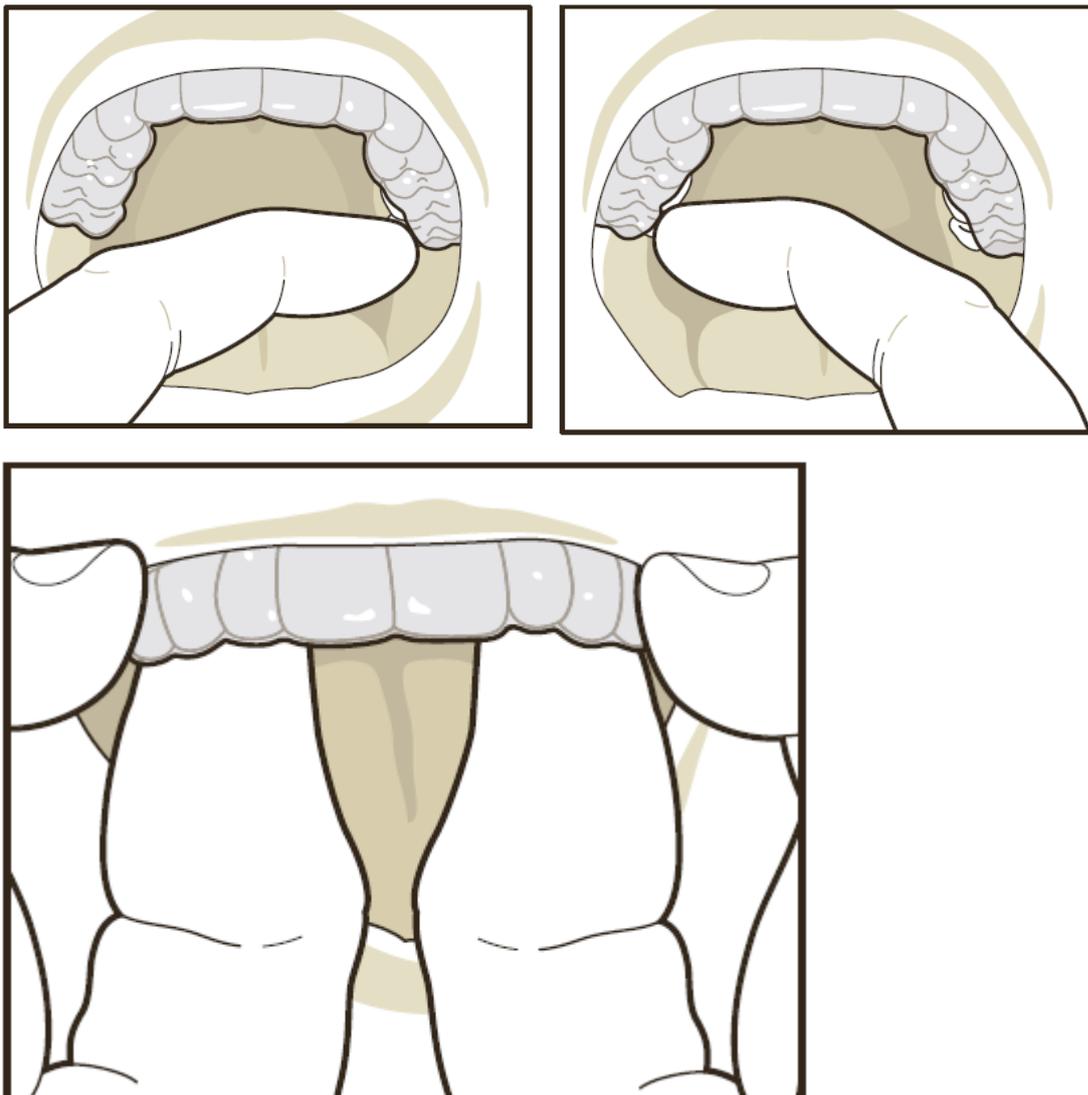
1. Make sure you have the proper aligner—the upper for your top teeth and the lower for your bottom teeth.
2. To help avoid confusion, each aligner is engraved with your unique case number, a “U” for upper and an “L” for lower, followed by the stage number.
3. You may insert either the upper or lower aligner first. When inserting each aligner, gently push the aligners over your front teeth. Then apply equal pressure, using your fingertips, to the tops of your left and right molars (back teeth) until the aligner snaps into place.
4. Do NOT bite your aligners into position. This may damage them.  
Note: If you experience sharp pain or significant discomfort, discontinue use of the aligners and contact your doctor.

#### Aligner Removal

1. On one side of your mouth, use your fingertip on the inside of your back molar to slowly pull the aligner from your molars.
2. Repeat this process on the other side of your mouth before trying to completely remove the aligner.
3. Once aligner is disengaged from the molars on both sides of your mouth, you should be able to slowly work your way forward gently prying the aligner away from your teeth with your fingertips.

Note:

- Immediately rinse aligner with water, shake off excess water, and store your aligners in the protective case provided with your starter kit.
- To help prevent damage to the aligners, avoid unnecessary removal.
- Take care in removing your aligners, especially if multiple attachments are being used.
- Do not use excessive force to bend or twist an aligner to get it off.
- DO NOT use any sharp object to remove your aligners.
- Consult with your doctor if your aligners are extremely difficult to remove.

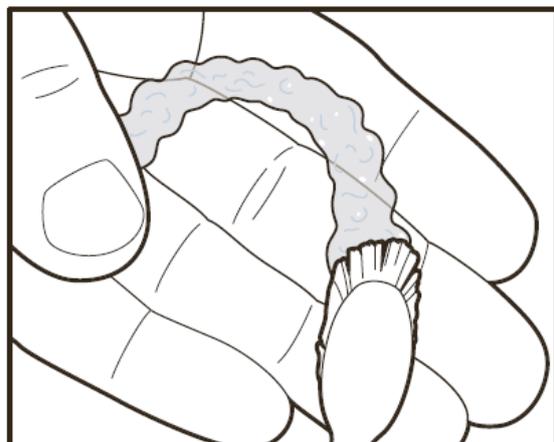
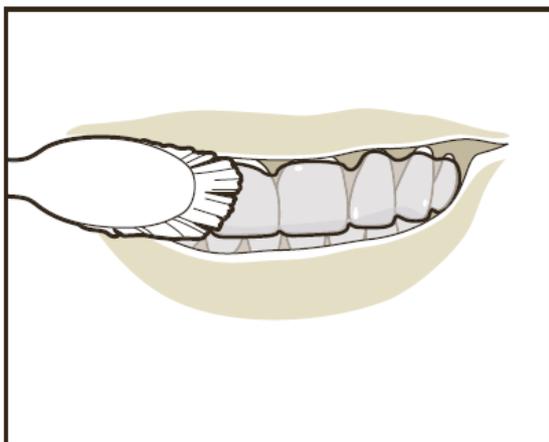


## DAILY CARE AND MAINTENANCE OF YOUR SURESMILE® ALIGNERS

1. Clean your aligners prior to each insertion. Use a soft bristle toothbrush with water and a small amount of soap. You can also soak them in cleaning crystals or order "retainer cleaners" from Amazon.

Note: Be sure to rinse each aligner thoroughly with water after each cleaning. We also recommend that you use the SureSmile aligner cleaning products once a week, or as needed.

2. Do NOT use denture cleaners to clean aligners. Do NOT soak them in mouthwash. These products can damage the surface of the aligner, causing it to become dull and more visible.



### Proper Oral Hygiene

1. Remove your aligners for eating and drinking. (You do not need to remove your aligners to drink cool water.)
2. Brush and floss your teeth after each meal or snack prior to re-inserting your aligners. If you don't have access to your cleaning system or a toothbrush, you can simply rinse your mouth, and then clean your aligners by holding them under warm running water. It's not the best way to clean, but it works in a pinch. Be sure to thoroughly clean your aligners at your earliest convenience.
3. If you have any questions regarding hygiene techniques, please consult your doctor.

4. Regular dental checkups and cleaning are recommended for the continued health of your teeth and gums.

### Storing your SureSmile Aligners

You will receive 1 to 2 complimentary aligner cases. You can order more online if you'd like. We recommend that you store your SureSmile aligners in a case when they are not in your mouth. This will help protect them from loss and damage.

Note: Keep all of your older aligners in a clean plastic bag, or as instructed by your doctor. Keep them out of reach of small children and pets.

## FREQUENTLY ASKED QUESTIONS AND ANSWERS

Q: Will the treatment be painful?

A: Most people experience tooth soreness for a few days after starting each new stage. This is normal. It is a sign that the SureSmile aligners are working, moving your teeth to their final destination. This soreness should gradually go away a couple of days after inserting the new aligner in the series.

If it doesn't, promptly call your doctor.

Q: Will wearing the SureSmile aligners affect my speech?

A: Like all orthodontic treatments, the aligners may temporarily affect your speech, and you may have a slight lisp for a day or two. However, as your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by your aligners should disappear.

Q: What should I do if my new SureSmile aligner doesn't snap onto my teeth?

A: Minor discrepancies between the new aligner and the current tooth position are normal, since the teeth need time to conform to the new

aligner position. In the event of significant problems with aligner fit, inform your doctor. Use of the VPro & chewies help with aligner fit.

Q: Are there restrictions on what I can eat?

A: In general, no. Unlike traditional orthodontics, you can usually eat and drink whatever you desire because you remove your aligners while eating. Thus, there is no need to restrict your consumption of any of your favorite foods and snacks, unless otherwise instructed by your doctor.

Q: Is it OK to drink hot or cold beverages while wearing SureSmile aligners?

A: Except for cool water, we recommend that you do not drink while wearing the aligners. This is to avoid formation of cavities and stains, or warping of the aligners with hot drinks and hot water.

Q: Can I chew gum while wearing SureSmile aligners?

A: NO. Gum will stick to the aligners. We recommend removing your aligners for all snacks and meals.

Q: Will smoking or chewing tobacco stain the aligners?

A: We discourage tobacco use while wearing aligners because of the possibility of aligner discoloration.

## FREQUENTLY ASKED QUESTIONS AND ANSWERS

Q: Why do some of my aligners have bumps or ridges on them?

A: Depending on your specific treatment, some of the movements may require either “attachments” or “ridges” to help the aligner grip the teeth. These bumps, or wells, are where the aligner grips the attachment the doctor places on your teeth. The attachments are actually small pieces of composite the doctor affixes to your teeth that are then gripped by bumps on your aligners. The ridges are slim indentations in your aligners. Your doctor will use one or both of these features to attempt to achieve the desired movement.

Q: What if I lose or break a SureSmile aligner?

A: In the event that an aligner is lost or broken, you should immediately inform your doctor. Your doctor will probably tell you to start wearing your last set or next set of aligners immediately. He or she will possibly order you a new set of aligners to replace the ones you just lost, which should arrive in a few days.

Q: What if I lose or break an attachment?

A: In the event that an attachment is lost or broken, you should immediately contact your doctor.

Note: If you have additional questions after reading this pamphlet, please consult with your doctor.

Warning: In very rare instances, some patients may be allergic to the plastic aligner material. In such cases, discontinue use and consult a health care professional immediately.

Orthodontic appliances, or parts thereof, may be accidentally swallowed or aspirated and may be harmful.

## **BASIC RETAINERS**

Basic retainers are made using a digital scan of your teeth. The material is a standard Essix and can be expected to last 6 months to 2 years depending on several factors such as teeth grinding, hygiene, and maintenance.

|                                     |                 |
|-------------------------------------|-----------------|
| <b>UPPER ARCH ONLY</b>              | <b>\$200.00</b> |
| <b>LOWER ARCH ONLY</b>              | <b>\$200.00</b> |
| <b>FULL SET (UPPER &amp; LOWER)</b> | <b>\$350.00</b> |

## **NIGHTGUARD RETAINER**

If you suffer from excessive grinding or you find that your retainers keep "cracking", a nightguard retainer may be a good option for you.

|                        |                 |
|------------------------|-----------------|
| <b>UPPER ARCH ONLY</b> | <b>\$350.00</b> |
|------------------------|-----------------|

*Should you misplace or break your retainer(s) or nightguard, notify our office as soon as possible and we will use your most recent digital scan to remake it. The same fees above apply.*

*There is no warranty for retainers.*

# **RETAINER MENU**

# SURESMILE® Refinement Period

## Patient Agreement

Patient Name: \_\_\_\_\_

### What is a Refinement Period?

#### **Final clear aligner therapy depends on several factors...**

- Average wear time of aligners during treatment
- Use of chewies/VPro for full seating of trays
- Integrity of attachments and adequate IPR completed
- Hygiene throughout treatment
- Age & maturity of bone
- A combination of the above and other unforeseen circumstances

In the instance that additional, realistic movement is desired by the patient, we can offer a "Refinement Period" which allows the patient to get additional aligners (number of aligners vary depending on movement desired) from brush365. If the patient completed Comprehensive Treatment, one refinement is included at no charge. If the patient completed Limited Treatment, there is a fee of \$1,000. Additional diagnostic records and scans may be needed and are included in the Refinement Period. Please note that in order to qualify for the free refinement period, the refinement must be initiated BEFORE any final teeth smoothing, attachment removal, and/or retainers are fabricated. If any steps are taken to finalize treatment, as aforementioned, the treatment is considered completed and a Refinement Period will have a fee if it requested later on. Refinement periods are ONLY for patients who begin their INITIAL clear aligner therapy at brush365. If you have done Clear Aligner Therapy through another company and would like to switch to brush365, you will have to re-initiate treatment through either a Comprehensive or Limited Case, depending on what your doctor recommends.

### What's included?

**A Refinement Period includes the diagnostic records needed for the new aligners & the aligners themselves. All aligners will be delivered to you at your initial Refinement Period appointment. The following do incur a cost:**

- Mid-treatment check-in appointments for any reason are \$50/appointment
- Initial attachment placement and removal is included. However, to replace attachments there is a fee of \$50/appointment, in addition to the fee for the exam (see previous bullet point)
- Replacement of lost, broken, or ill-fitting aligners are \$30/aligner
- Only one appointment for teeth-smoothing is included for Clear Aligner Therapy. If the edges of your teeth were smoothed prior to your Refinement Period and you would like more smoothing to be completed, there is a charge of \$75/tooth. We recommend waiting until the absolute end of your clear aligner treatment before requesting teeth smoothing.
- If retainers have already been made and you will need new ones at the end of your Refinement Period, there will be an additional, full price charge.
- If, at the completion of the free refinement period, additional movement is desired, a subsequent refinement period can be initiated at a fee of \$1,000.

\_\_\_\_\_  
**Patient or Guardian Signature**

\_\_\_\_\_  
**Date**

By signing above, you acknowledge that you understand and agree to the terms of the Refinement Period.