

## Locations

2824 Rogers Rd., Suite 200  
Wake Forest, NC 27587

13271 Strickland Rd., Suite 100  
Raleigh, NC 27613

510 Glenwood South  
Raleigh, NC 27603

Crabtree Valley Mall  
Invisalign Scan Center  
4325 Glenwood Ave.  
Raleigh, NC 27612

## Office Hours

Monday, 9 a.m. - 6 p.m.  
Tuesday - Friday, 8 a.m. - 5 p.m.



**GLADWELL ORTHODONTICS**

**919-453-6325**

[www.gladwellorthodontics.com](http://www.gladwellorthodontics.com)  
[gosome@gladwellorthodontics.com](mailto:gosome@gladwellorthodontics.com)



Simple

SIMPLY STRAIGHT TEETH



invisalign®  
PROVIDER

WELCOME KIT



All forms must be signed and returned to Gladwell Orthodontics before your aligners are delivered.

Aligners ship within two to three weeks of your Initial Records appointment.

# SIMPLE NEXT STEPS

Now that you've decided to invest in yourself, let us guide you to a better smile. Please follow the checklist to start your journey.

- ☐ Schedule your 30-minute Initial Records appointment.
- ☐ Carefully read everything in your GO Simple introductory box.
- ☐ Email us with any questions: [gosimple@gladwellorthodontics.com](mailto:gosimple@gladwellorthodontics.com)
- ☐ Sign and bring all documents to Initial Records visit.
- ☐ Aligners ship within 2-3 weeks (if paperwork complete).
- ☐ You'll receive an email when they're on the way!
- ☐ Schedule pickup of your GO Simple system.
- ☐ Enjoy your new smile!

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# ADDITIONAL SERVICES

**GO Simple** is a low-maintenance, easy approach to a straighter smile. Consider enhancing your treatment process with additional services. Should your circumstances ever change, alternative options are available to help you reach your goal.

## Simple Enhancements

### Whitening Treatment

*(4) 1.2 oz. Tubes – \$98*

Bright, pearly-white teeth will maximize your new grin! Your aligners do double-duty when you add this gel.

### Accelerated Orthodontics - VPro5™

*Device – \$698*

VPro5 delivers gentle vibrations and helps aligners fit properly. Use just 20 minutes per day to reduce treatment time by 25-50%.

### Chewies™ Aligner Tray Seaters

*Pack of 10 – \$25*

Improve the fit of your aligners with Chewies. Soft, sponge-like material closes gaps between your teeth and aligners.

### EverSmile WhiteFoam/Aligner Cleaner

*1.69 fl. oz. Bottle – \$25*

Clean your aligners and whiten your teeth at the same time!

## Simple Support

### Treatment Check-In

*In-Office Visit – \$198*

Wondering how your treatment is going? Let us take a look! Schedule a check-in appointment at one of our offices.

### **Lost-Aligner Insurance**

*1 Set (Per Aligner Stage) – \$150*

If you lose your aligners, don't lose your cool or your progress. Each replacement set comes with an upper and lower aligner.

### **Refinement Scan (ClinCheck)**

*Scan – \$398\**

Aligners not fitting as well as they should? Take some time off by mistake? Get rescanned and back on track!

*\*Does not include additional treatment time if necessary*

### **Treatment Extension**

*6-Month Extension – \$1498*

If additional treatment time is desired, it can be purchased in 6-month increments (limit of 12 months).

### **GO Traditional Upgrade**

*Cost based on time, difficulty, and desired outcomes*

If you decide that GO Simple is not the best fit for you and your lifestyle, convert to the GO Traditional system at any time.

*\*GO Traditional can be either full-monitored Invisalign® with attachments/IPR or traditional braces/clear braces.*

## **Simple Success**

### **Vivera® Retainers**

*4 Sets (Includes Upper and Lower) – \$800*

It took time and effort to create your confident, beautiful smile. Vivera retainers from the makers of Invisalign® preserves and protects your investment.

### **Additional Retainers**

*1 Set (Includes Upper and Lower) – \$198*

Your GO Simple package includes an upper and lower retainer. Order additional or replacement retainers for added convenience.

Have questions? Email us at:

[gosimple@gladwellorthodontics.com](mailto:gosimple@gladwellorthodontics.com)



# GO Simple

For minor fixes and  
simpler tooth movements

6-12 month treatment plan

No attachments

No tooth-reshaping

No hassle

\$3,500





# GO Traditional

For bigger transformations  
that require more attention

12-24+ month treatment plan

In-office appointments  
every 10 to 12 weeks

In some cases, attachments  
may be required for optimal results

Cost customized based on  
specific patient needs



# PLAN FOR SUCCESS

To ensure that you achieve the maximum benefits of GO Simple and the smile you've always wanted, it is important to follow these Simple Instructions for Care & Use of your Invisalign® aligners. Please read this booklet completely and carefully.

If you have any questions along the way, do not hesitate to contact us.

**Before you get started, here are some important reminders:**

- You should wear your aligners a minimum of 22 hours per day.
- Your aligners should only be removed when you are eating, drinking, brushing, or flossing.
- Never drink anything, other than water, or eat with your aligners in.
- Wash your hands thoroughly with soap and water before handling your aligners.
- Handle only one aligner at a time.
- Rinse your aligners with water after removing them from the packaging.
- Store your aligners in their case when not wearing them. Keep a case with you at all times.
- You should wear aligners for one week before switching to the next aligner stage.
- When moving to the next stage, keep new set of aligners in for a minimum of 12 hours (change aligners in the evening).

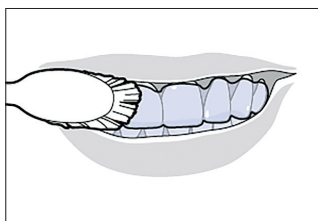
Visit [www.gladwellorthodontics.com/gosimple](http://www.gladwellorthodontics.com/gosimple) for instructional videos and FAQs.

## DAILY CARE & PROPER ORAL HYGIENE

- Clean your aligners prior to each insertion.  
Use a soft bristle toothbrush with water and small amount of toothpaste.
- You may find it easiest to clean the outside of your aligners by brushing them while they are still on your teeth, then remove your aligners to clean the inside surfaces.
- Be sure to rinse each aligner thoroughly with water after each cleaning.

**Do NOT use denture cleaners to clean aligners.**  
**Do NOT soak them in mouthwash.**

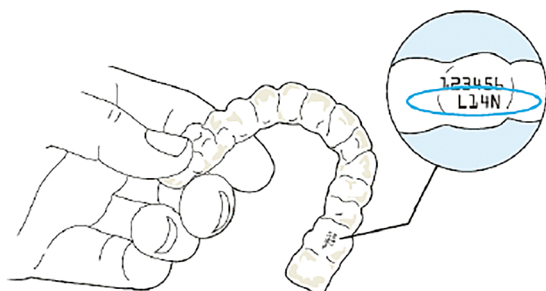
These products can damage the surface of the aligner, causing it to become dull and more visible.



- Remove your aligners for eating and drinking. You do not need to remove your aligners to drink cool water.
- Brush and floss your teeth after each meal or snack prior to reinserting your aligners. If you don't have access to your toothbrush, you can simply rinse your mouth, and then clean your aligners by holding them under warm, running water.
- Regular dental checkups and cleanings are recommended for the continued health of your teeth and gums.

## ALIGNER INSERTION

Each aligner is engraved with your unique case number, a "U" for upper and an "L" for lower, followed by the stage number.



1. Rinse your aligners with water after removing them from the packaging.
2. Make sure you have the proper aligner—the upper for your top teeth and the lower for your bottom teeth.
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.
5. Chewies™ can be used to help close any air gaps between your teeth and your Invisalign® aligners to help them fit better.

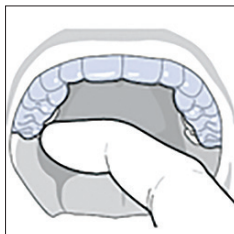


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## ALIGNER REMOVAL

### Step 1

On one side of your mouth, use your fingertip on the inside of your back molar to slowly pull the aligner from the molars.



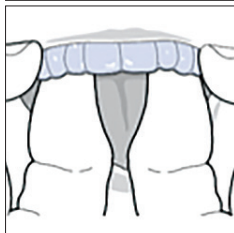
### Step 2

Repeat this process on the other side of your mouth before trying to completely remove the aligner.



### Step 3

Once the 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.



When not wearing your aligners, they should be stored in the case provided.

## MAINTENANCE TIPS

- After removing your aligners, immediately rinse with water, shake off excess, and store in the protective case provided with your starter kit.
- Avoid unnecessary removal to prevent damage to the aligners.
- Take care in removing your aligners. Do not use excessive force, bend or twist an aligner to get it off.
- Do not use any sharp object to remove your aligners.
- If your aligners are difficult to remove, be sure to contact our office.