

## MONITORING TREATMENT CHECKLIST

Checklist	Standard	Action	Notes
<b>1. PATIENT COMPLIANCE</b>			
Wear frequency	The patient should be wearing aligners when not brushing or eating.	Ask the patient to verify how many hours a days they are wearing aligners.	Reinforce the importance of wearing aligners as instructed.
Current aligner wear	The patient should come into the office wearing the aligner and know how many days they have been wearing it.		
Auxiliary wear	The patient should be wearing elastics as instructed.	Ask the patient to verify how many hours a days they are wearing elastics.	Reinforce the importance of wearing elastics as instructed.
Compliance indicators	Monitor compliance indicators, if any, or check worn aligners for signs of wear.		
<b>2. ORAL HYGIENE</b>			
Teeth	Teeth should be clean and free of plaque. Look for decalcification. Gingiva should be pink and healthy.	Rate oral hygiene as good, fair, or poor.	Reinforce oral hygiene and how to clean aligners as necessary.
Aligners	Aligners should be clear and clean. Worn aligners may be slightly yellowed or dirty.	If old aligners are clear and clean, suspect noncompliance.	
<b>3. TOOTH TRACKING</b>			
Fit of current aligner	The current aligner should fit snugly, with no significant spaces between the teeth and aligner.	Note any excessive space between the teeth and aligner.	Try using a chewie or clenchy to bite down and see if the space goes away.
Attachments	Attachments should be seated in the center of the attachment bubble. Use a pencil to mark the attachment if necessary.	Note any missing attachments, worn-down attachments, or nonfitting attachments.	Rebond any missing attachments using a sectioned attachment template. Inform the doctor of nonfitting attachments.
Overall tracking	Tooth alignment should closely match the positions noted in the respective stage of the digital treatment plan.	Open the digital treatment plan and compare tooth movements. Take a scan and use the Progress Assessment feature if necessary.	If teeth are not tracking, then drop back to the aligner that most closely matches that stage in the digital treatment plan and increase the aligner change time (eg, from 7 days to 10 or 14 days).
<b>4. INTERPROXIMAL CONTACTS</b>			
	All contacts for one tooth moving past another must be loose and uniform.	Check contacts with floss, especially between the most crooked teeth.	If contacts are tight, sandpaper around the most crooked teeth and maxillary lateral incisors.
<b>5. ACTIONS REQUIRED AT THIS APPOINTMENT</b>			
	Check the digital treatment plan/doctor notes to see whether IPR is needed, attachments need to be removed or added, or auxiliaries need to be started.	Open the digital treatment plan and review any actions required for the respective stage in treatment.	Bond/remove attachments as needed, prepare IPR for the doctor, and instruct the patient to wear any necessary elastics.
<b>6. FIT OF NEXT ALIGNER</b>			
	The next aligner should be fully seated.	Note any nonfit issues.	See actions under Tooth Tracking if the next aligner does not fit.
<b>7. APPOINTMENT CONCLUSION</b>			
Aligners	Make sure the patient has enough aligners and elastics until the next appointment.		
Schedule next appointment	Schedule the next appointment according to the time interval established by the doctor.		

## 10 STEPS IN DIGITAL PLAN REVIEW

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- Review the initial occlusion.
- Review the comments tab.
- Review the number of stages in treatment.
- Review the animation and staging tab.
- Review the final occlusion.
- Review the superimposition tool.
- Review the Tooth Movement Assessment (TMA).
- Review the attachment design.
- Review the IPR.
- Review the design of precision cuts.