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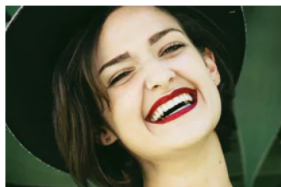
# Teledentistry and Clear Aligners: What You Can Expect

By Kristen Gasnick



*With teledentistry, you can complete your clear aligner treatment while consulting with your provider remotely.*

Teledentistry provides a means of accessing dental care from home. According to the American Dental Association, teledentistry can include live video conferencing, the virtual transfer of medical documents and dental imaging, and remote patient monitoring. A number of online retailers now offer teeth straightening aligner programs that are completed through teledentistry. Read on for an overview of how this process typically works.



## Transform your smile with Clear Aligners. See if you qualify today!

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### Teledentistry and Clear Aligners

To get started, your teeth will need to be evaluated. Some companies offer in-person sites at which you can get a dental scan. You can also usually use a company-provided kit at home in order to send in your impressions.

Once your provider has received your dental information, licensed dentists or orthodontists will evaluate whether [using clear aligners](#) is an appropriate teeth straightening option for you.

If it's determined that you are an [appropriate candidate](#) for clear aligner treatment with teledentistry, these licensed professionals will design your treatment plan. This typically involves using a 3-D model of your teeth to make multiple sets of [clear aligners](#), which are then sent to you.

"For clear aligner treatment, a full set of aligners, usually anywhere from 5-50 aligners depending on the severity of the case, is fabricated by the treating doctor at the start of treatment," Vick Gupta, DDS, orthodontist at Gupta Orthodontics in Dallas, Texas, tells WebMD Connect to Care. Each set of aligners is designed to move your teeth only a small amount.

Stop hiding your smile

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Depending on your dentist's plan, you will have to wear each aligner for between one and three weeks—until the device has completed its portion of your treatment. Then, you will move onto the next set of aligners and repeat the process until your teeth have completely moved into ideal alignment.

Through teledentistry technologies, you can do things like track your treatment details online, upload photos of your progress for evaluation, and consult with

TEETH STRAIGHTENING

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- Aligners are clear and removable
- Treatment time is generally quicker
- Straightened teeth improve your smile and your oral health too.

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...determine timing, speed, pressure of your professional team, and ensure that your professional team throughout the process. Each of these elements will help determine if the aligners are effectively moving your teeth into the correct position.

“Teledentistry can help with clear aligners by providing both initial appointments and check-up appointments virtually instead of in-person, helping to save time and resources,” Caroline M. Girard, DDS, dentist and founder of Beverly Hills Whitening, a teledentistry company, tells WebMD Connect to Care.

Teledentistry also allows your dentist to make changes to your treatment plan if your teeth are moving too quickly or too slowly. “Through teledentistry, we can offer follow-up examinations to check aligner fit and compliance, to reinforce the importance of wearing aligners for 22 hours a day, and check if teeth are tracking according to doctor-directed computer predictions,” Emilia Taneva, DDS, MS, a Chicago-based orthodontist, tells WebMD Connect to Care.

### Start your journey to a more confident smile today!

Straightening your teeth can be easy and affordable. Find out how to get started today. WebMD Connect to Care Advisors are standing by to help.



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