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## Approximate chair-time and fees typical for the Nite-Guide®, Occlus-o-Guide®, and Ortho-T® techniques

### **Nite-Guide®** - Primary Dentition (approx. 5-7 year-old)

Nite-Guide® (5-7 year-old) – This technique involves more observation appointments than the other techniques, involving about one extra hour of chair-time for a total of about 2 to 3 hours. The patient is observed until the adult dentition is complete by 12 years of age.

A typical appointment schedule and the chair-time involved is as follows:

1. Issue of appliance, instructions for wear (only at night while sleeping) and care. A measurement of the overbite and overjet is made and recorded, and a check of the TMJ for clicking, pain, and/or limitation and deviation of opening movements. 15 minutes.
2. 1<sup>st</sup> check-up appointment in 2 months – measure overbite, overjet, and the same TMJ check for abnormal symptoms; register all measures on the exam card. Check that incisors are erupting satisfactorily. A dental assistant or hygienist can be responsible for most of these check-up appointments if allowed by your local dental practice act. 15 minutes.
3. 2<sup>nd</sup> check-up appointment in 2 months (4 months from the start) – Measure overbite, overjet, and the same TMJ check and see if the lower laterals are beginning to erupt through tissue. If they are, go to an Occlus-o-Guide appliance of a larger size (usually 3 half sizes larger than the first appliance). If a lateral is erupting, and a change to the Occlus-o-Guide® has been made, see in 3 months for the next appointment; otherwise in 2 months. 10 minutes (if lateral is erupting – have doctor check on new appliance to make sure it is large enough to accommodate both lower laterals).
4. 3<sup>rd</sup> checkup appointment either in 2 or 3 months depending on whether the lower lateral is erupting or not, (7 months from the start). Measure overbite, and overjet and the same TMJ exam. Also measure the width of the canine-to-canine distance, upper and lower and see if it is increasing from the initial amount. 15 minutes. Measure overbite, overjet, and TMJ - 11 months from the start. Check on the eruption of the upper central incisors and the progress of lower lateral eruption (if there is enough room). If they are  $\frac{3}{4}$  erupted and are short of space – strip the mesial of the lower 1<sup>st</sup> dec. molars up to 2mm./tooth on mesial – doctor should do this. See in 4 months.
5. 5<sup>th</sup> Check-up in 4 months (15 months from the start). Measure overbite, overjet, and TMJ. Check on eruption of the upper lateral – if fully erupted - see in 6 months, if not, see in 4 months. Make sure upper laterals are erupting in their normal positions. They can be 2-3mm. short of space and they will usually erupt normally making sufficient room for themselves as they are guided into position by the Nite-Guide®, or Occlus-o-Guide® worn only passively at night. If a problem, have doctor check patient. If laterals fully erupted, wear every night for 6 more months. Once the upper laterals have been stabilized with nightly wear for 6 months following their

full eruption, the wear can be reduced to one night per week which will last until the adult canines and premolars begin to erupt, after which the appliance is worn every night to properly guide all the remaining permanent teeth in until about 12 years of age.

6. 6<sup>th</sup> appointment in 6 months (21 months from start). Measure overbite, overjet, and TMJ and canine-to-canine width (upper and lower). Have patient wear the appliance one night per week until the lower adult canines and premolars begin to erupt, then it is to be worn every night until the 2<sup>nd</sup> permanent molars are fully erupted. See every 6 months until 12 years of age when the 2<sup>nd</sup> molars are fully erupted, then dismiss. Doctor should see patient on last visit.

Make sure patient keeps the Occlus-o-Guide appliance they have been wearing only at night only in a safe place in the future. If any relapse occurs even after several years, these same appliances can be worn for its correction.

Review: The total chair-time typically involved for the Nite-Guide® procedure is: 2 to 3 hours with 8 to 15 appointments of 10 to 15 minutes in length, the dental assistant or hygienist, if allowed in your area, could be used for about  $\frac{2}{3}$  of these appointments.

The typical fee is usually  $\frac{1}{3}$  to  $\frac{1}{2}$  of a usual orthodontic fixed treatment fee in your area. You must stress to the parent the amount of money they will be saving for this treatment procedure. If they have orthodontic insurance, the usual fee that is reimbursed is 50% of the total fee or \$1,000, whichever is less. For example, if an orthodontic fee for fixed appliances is \$6,000, the insurance would pay \$1,000 and the patient has to pay \$5,000. If the Nite-Guide® fee is \$2,000, the insurance would reimburse \$1,000, while the patient's fee would also be \$1,000. As a result, the savings to the patient would be \$4,000, and typically involves minimal future relapse and the patient has the added advantage of having straight teeth during their early pre-teen years, and also possibly eliminating the extraction of teeth. The advantages to the patient also is that the procedure is painless involving less treatment time and involving fewer appointments.

## **Occlus-o-Guide®** - Mixed Dentition (approx. 8-12 year-old)

Occlus-o-Guide® (8-12 year-old) – This technique is extremely efficient since the treatment is so fast. In fact, the Occlus-o-Guide® treatment goes 5 times faster than with fixed appliances for the same malocclusions. The Occlus-o-Guide® treatment usually takes a total of one to two hours of total chair-time.

A typical appointment schedule and chair-time involved is as follows according to the following appointments:

1. Issue of appliance, instructions for wear (involving at least 2 hours of active wear per day and at night), and its care. A measure of the overbite and overjet is recorded and a check of the TMJ for clicking, pain, and/or limitations and deviations of opening movements. 15 minutes. Stress to the parent that they must monitor the patient's cooperation at least for the 1<sup>st</sup> month.
2. 1<sup>st</sup> check-up appointment in 1 month. Measure the overbite, overjet, and check for the same TMJ symptoms. Check the straightening of the lower incisors; there should be significant or complete alignment of these teeth within the first month of active daytime wear. The overbite and overjet should have at least 0.5mm. improvement per month. A dental assistant or hygienist can be responsible for most of these check-up appointments if allowed by your dental practice act. 10 minutes.
3. 2<sup>nd</sup> check-up appointment in 1 further month, 2 months from the 1<sup>st</sup> appointment. Measure again the overbite, overjet, and the same TMJ check; cooperation is encouraged. 10 minutes.
4. 3<sup>rd</sup> check-up appointment in 1 further month. The same checks of overbite, overjet, and TMJ are measured. Also the arch width of the upper and lower dec. canine-to-canine distance is usually measured and compared to the original dimensions and should remain fairly constant. 10 minutes.
5. 4<sup>th</sup> check-up appointment in 1 further month. The same overbite, overjet, and all TMJ checks are made. 10 minutes.
6. 5<sup>th</sup> check-up appointment in 1 further month. The same checks of the overbite, overjet, and TMJ are measured. Significant correction should be observed, consisting of at least 2.5mm. improvement in the overbite and overjet. Cooperation is encouraged, and the patient at this stage should be cooperating successfully on their own. 10 minutes. See in 2 months.
7. 6<sup>th</sup> check-up appointment in 2 months. The same checks on the overbite, overjet, improved straightening of the teeth and TMJ. 10 minutes. See in 2 months.
8. These 2 month checks can be extended to 3 to 6 month intervals until all teeth are completely erupted including the 2<sup>nd</sup> permanent molars. Once the occlusion is corrected, the active wear can be replaced to nighttime wear only. 10 minute appointments. Usually retain for two years with nighttime wear only. 80% of Occlus-o-Guide cases do not need any further treatment. If further treatment is needed, it is for optional correction of posterior rotations or incisor torque.

### Review

The total time of the Occlus-o-Guide® treatment takes about 1 to 2 hours of total chair-time to obtain successful results. The usual customary fee is about ¼ to ½ of a typical fixed orthodontic fee. For example, if the standard orthodontic fee is \$6,000, the Occlus-o-Guide® fee would be about \$1,500 to \$3,000. If the patient has orthodontic insurance covering 50% or \$1,000, whichever is less, a fee of \$1500 would involve an amount of \$750 for the patient to pay and create a savings of \$5,250 over the fee for fixed orthodontics.

The patient is usually retained for a period of 2 years with the same original Occlus-o-Guide® appliance. Tell the patient to keep the appliance into the future. It can always be used if any relapse happens to occur.

## Ortho-T® - (Adult Dentition to Any Age)

Ortho-T® (adult dentition to any age) – This technique corrects malocclusions 5 times faster than typical fixed orthodontics. The procedure involves 1 to 2 hours of chair time with typical fees of ¼ to ½ of a standard orthodontic fee, and involves only one appliance during treatment and during the retention period.

A typical appointment schedule and chair time is as follows:

1. Issue of appliance. Instructions for wear (usually involves 1 to 2 hours of active wear each day as well as at night while sleeping). A measurement of the overbite and overjet is made and recorded, and a check of the TMJ for clicking, pain, and/or limitations and deviation of opening movements. 15 minutes.
2. 1<sup>st</sup> check-up appointment in 1 month. Measure the overbite, overjet, and check for the same TMJ symptoms. Check the straightening of the lower incisors; there should be significant or complete alignment of these teeth within the first month of active daytime wear. The overbite and overjet should have at least 0.5mm. improvement per month. A dental assistant or hygienist can be responsible for most check-up appointments if allowed by your dental practice act. 10 minutes.
3. 2<sup>nd</sup> check-up appointment in 1 further month, 2 months from the 1<sup>st</sup> appointment. Measure again the overbite, overjet, and the same TMJ check; cooperation is encouraged. 10 minutes.
4. 3<sup>rd</sup> check-up appointment in 1 further month. The same checks of overbite, overjet, and TMJ are measured. Also the arch width of the upper and lower dec. canine-to-canine distance is usually measured and compared to the original dimensions and should remain fairly constant. 10 minutes.
5. 4<sup>th</sup> check-up appointment in 1 further month. The same overbite, overjet, and TMJ checks are made. 10 minutes.
6. 5<sup>th</sup> check-up appointment in one further month. The same checks of the overbite, overjet, and TMJ are measured. Significant correction should be observed, consisting of at least 2.5mm. improvement in the overbite and overjet. Cooperation is encouraged, and the patient at this stage should be cooperating successfully on their own. 10 minutes. See in 2 months.
7. 6<sup>th</sup> check-up appointment in 2 months. The same check on the overbite, overjet, improved straightening of the teeth and TMJ. 10 minutes. See in 2 months.
8. These 2 month checks can be extended to 3 to 6 month intervals and extended into the future. If any relapse occurs, the same appliance can be worn actively about one hour actively each day and then, once corrected, can be tapered off gradually; e.g. one hour every other day or every 3<sup>rd</sup> day and at night in the evenings when the daytime wear is not occurring. This retention procedure can be continued until no relapse occurs. This usually involves about 2 years of retention. Once stabilized, the patient can be dismissed.

Instruct the patient to keep the appliance in a safe place. If any relapse occurs in the future, the same appliance can be used to correct the problem, as long as the relapse is not severe.

### Review

The total time of the Ortho-T® treatment takes about 1 to 2 hours of total chair-time to obtain successful results. The usual customary fee is about ¼ to ½ of a typical fixed orthodontic fee. For example, if the standard orthodontic fee is \$6,000, the Ortho-T® fee would be about \$1,500 - \$3,000. If the patient has orthodontic insurance covering 50% or \$1,000, whichever is less, a fee of \$1,500 would involve an amount of \$500 for the patient and create a savings of \$4,500 over the fee for fixed orthodontics.

The patient is usually retained for 2 to 3 years with the same original Ortho-T® appliance.