



## **Therapy: Here for a Year Program**

### As the journey begins...

In taking the first steps in the ALF Therapy journey, it is important to understand that even though one of the goals of orthodontic treatment is to move teeth, our goals of ALF Therapy go beyond the arrangement of the teeth themselves. In addition, we feel that it is our responsibility to guide facial and functional growth of your child.

During the process of exploring how ALF Therapy might be able to help you or your child, we will be evaluating several aspects of health that the traditional orthodontic approach does not commonly address including:

- Sleep quality
- Tongue function and oral restrictions
- Functional airway and oxygenation assessment
- Body acidity and systemic health influences on craniofacial and airway growth
- Neurological and reflexive considerations that may be influenced throughout the course of treatment

### ALF GPS

With any journey that we take, we do our best to plan our path and hope that we will be able to minimize detours, derailments and disappointments as we navigate our way to our destination. Using the ALF GPS approach, we gather the data that we use as our starting point as we determine the path to our 12 month treatment destination. We will do our best to identify any traffic jams, roadblocks and pit stops by gathering important baseline data that assesses both structure and the functional needs of your or your child. These measurements include:

- 3 dimensional low radiation x rays
- Impressions and measurements of dental arch length
- Full body photos to assess and compare whole body growth and development during the course of ALF Therapy
- Neurological assessments of cranial nerves, brainstem based reflexes and a basic retained primitive reflex assessment
- Assessments of the jaw joint, neck, airway and tongue to identify both obstacles and opportunities during our ALF journey
- Other potential assessments may include: heart rate variability, baropodometric assessment, computerized bite analysis

This important information may allow us additional insight into potential opportunities to support our ALF Therapy efforts by recommending supportive care such as:

- Oral Myology and tongue training

- Habit correction
- Chiropractic and physical therapy
- Pediatric, sleep and ENT physicians
- Occupational therapy and speech language pathology

### As the journey continues...

We cannot determine how fast your child will grow, when their baby teeth will come in or fall out or if there will be challenges along the way that will cause a delay in the progression of therapy. Due to the complex nature of our goals of therapy and our dedication to the individual needs of your child, we will be taking this journey with you and your child one step and one year at a time.

The benefits to the yearly approach to care include:

- Lower initial expense to start treatment
- Higher value for patients needing a specific intervention for a short period of time during the growth of their child
- A unique opportunity to determine if the ALF Therapy approach is a good fit for you and your family
- Flexibility in treatment sequencing in a whole person, whole lifetime approach to care

Some patients will require the treatment of only their upper or lower teeth while most will require treatment of both. In order to create fair pricing that reflects the needs of the patient and the commitment of the Synergy Team, we offer customized pricing that reflects a 12-month contract for care. This allows the patients that require the most common frequency schedule of an adjustment every 2 months to continue for a full year the initial plan. However, some patients will request more frequent adjustments and we are happy to support that patient as often as requested with a per adjustment fee.

### Just in case...

The best thing about the ALF appliance is that the benefits arise from the design which is a light, petite and flexible appliance. However, these qualities of flexibility can contribute to breakage of the wire on occasion. Throughout the years, we have found that some patients never break a wire where others seem to have a more frequent need for repairs. If you are interested in purchasing appliance insurance for an additional fee, this will act as most insurance policies with a deductible that would be less expensive than the full price of a repair.

### Our Here for a Year Pricing (ages 3-18)

One appliance: \$2500 – Includes:

- 6 adjustments
- Additional appointments available at \$250
- Appliance insurance \$250 with \$50 deductible (covers repairs but not replacement)

If recommended, the second appliance will be \$2000 and includes the same benefits as the first appliance. The second appliance can be:

- Another ALF appliance
- Brackets, bands and wires to finalize tooth alignment
- Clear aligner trays to finalize tooth alignment

Due to the extreme complexity and need for additional skill, time and technology, there is a slight pricing difference for patients over the age of 18:

- \$3000 per appliance with 3 included adjustments
- \$300 additional adjustments including the T Scan computerized bite analysis

#### Terms and requirements

- Patient must agree to diagnostic, preventative and restorative care as provided by Dr. Tenholder. We are a general dental office and are responsible for the entirety of our patient's dental health while undergoing appliance therapy
- Once ALF Therapy is initiated and the appliance is being actively worn, the patient must be seen by Dr. Tenholder at a minimum of every 8 weeks
- Pricing is based on a 12-month contract. There will be no refunds if treatment is voluntarily discontinued or delayed for any reason by the patient or parent.
- If two or more members of the same family enter treatment within the same year, a \$500 courtesy credit will be applied to the balance of the second person in treatment.
- Dental insurance can be billed under the limited orthodontic code
- At the annual anniversary of the start of treatment, we will compile detailed records and discuss the next steps in treatment. Additional treatment will be structured based on the individual needs of the patient and may require another year commitment or extended month by month on an as needed basis. The decision to continue care requires a mutual decision of patient/parent and doctor.

\_\_\_\_\_ Please initial that you have read and understand the above information