

Living  
Abroad?

**Overseas  
Patients**

**How to Create a  
Worry-Free  
Orthodontic Experience  
during COVID Pandemic**  
with the current travel restrictions

**MOUNT ELIZABETH  
ORTHODONTIC CLINIC**

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# DIGITAL MONITORING

It can be a challenge if you are living abroad while undergoing orthodontic treatment. Typically for most patients, the long span between appointments should not have adverse effects on your teeth or treatment if it has been discussed and planned out with your orthodontist. Inform us on your travel schedule and we will plan your treatment accordingly.



Keep your orthodontic treatment on track by following our instructions. Wear your rubber bands or aligners as prescribed.



'Live' tracking: Digital follow-ups with photos & videos via Whatsapp to track your progress.



Avoid problematic food that can potentially break your braces or cause tooth decay.



Running out of supplies – Let us know if you need more rubber bands, orthodontic wax or require additional aligners, we can mail it to you.



Maintain good oral hygiene. Clean your teeth, orthodontic appliances, braces or aligners well.



**Stay in Touch** - You may not be able to come in regularly for your appointment but you can always reach us for any questions or concerns that you may have.

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# Leveraging the Power of Digital In Dentistry & Orthodontics



In response to the Covid-19 pandemic, digital clear aligner system allows movement of teeth to continue at ease with close monitoring of the alignment via digital communications.

There are no wires to change or adjustments to be made. The aligners will gradually shift your teeth into place as you wear them as instructed.

This has been very useful in this crisis to help stranded patients and to keep the number of visits at a low level. It could be the new future for patients seeking treatment abroad.

Majority of Invisalign cases require tooth-coloured attachments and interproximal reduction (IPR) at certain stages. We can plan the stages accordingly to cater to your travel plans. In situations where the appointment has to be postponed for a few more weeks, additional aligners can also be mailed to you.

Appointments are usually scheduled at 4 to 6 months interval for overseas patients.

## Going Digital *with* INVISALIGN

“Orthodontic treatment requires careful planning and ongoing monitoring to ensure good results are achieved in a safe and efficient manner.

We would advise you to come in at specific critical stages of the treatment to make sure the teeth are tracking the way they are supposed to.”

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# Frequently Asked Questions

By Overseas & Transfer Patients

## **I started my treatment in another country, but I'm unable to go back for review. Can I transfer to your clinic?**

We regularly take in transfer patients especially those with who started treatment (Fixed braces & Invisalign) overseas. We will first assess your treatment status and progress and then advise you on the cost of transfer, treatment duration and other considerations if you were to continue your treatment at our clinic.

## **I am transferred to Singapore for work but my braces uses other technology which was designed in UK. Are you familiar with the technology to take over my case?**

We will be in a better position to advise you if you can provide us with radiographs, photographs or transfer letter from your previous orthodontist to better understand your treatment plan.

## **I just arrived Singapore and I am going to be here for some time. I started my braces in Indonesia 6 months ago. How much does it cost to transfer and continue the treatment with you?**

The cost of continuing your orthodontic treatment here will depend on the severity of the problems, the current status and progress of the treatment and the number of visits required.

## **I had my braces done in Malaysia but was not able to go back for adjustment this month. Can I visit your clinic to do the change of wire or adjustment?**

It is generally better to see your orthodontist regularly for routine adjustment and activation. You should only see another orthodontist if there are breakages or other types of emergencies. However, we can take you in as a transfer patient if you are unable to return to your orthodontist in Malaysia regularly for treatment.

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However, there are many other factors to consider for transfer cases. There might be differences in the diagnosis and treatment planning, extraction decision and execution of treatment.

Other factors such as the progress of treatment, length of treatment duration, patient's experience, expectation and attitude will also determine the subsequent treatment consideration and costs.

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