

Let's Be Blunt: Questions to Ask Your Orthodontist

Choosing an orthodontist is a big decision — and the right questions make all the difference. Here's a comprehensive checklist to help you compare experience, philosophy, and quality of care.

Credentials & Experience

1. **Are you a Diplomate of the American Board of Orthodontics?**

A board-certified orthodontist has completed a rigorous process proving advanced knowledge and skill.

✓ *Dr. Seely is Board Certified by the American Board of Orthodontics.*

2. **Do you show examples of your finished cases?**

Experienced orthodontists should proudly share real before-and-after results.

✓ *Dr. Seely happily shares real patient transformations so you can see the quality of her work.*

Bite Function & Comprehensive Care

3. **How will my bite be affected by this treatment plan?**

Orthodontics isn't just about straight teeth — proper bite (occlusion) ensures comfort, stability, and TMJ health.

4. **Do you treat beyond the front teeth?**

True orthodontic care includes the back teeth and second molars for long-term stability.

5. **Do you include second molars in your treatment?**

Properly aligning second molars prevents uneven wear and relapse.

6. **How do you ensure proper contact between my back teeth?**

Dr. Seely uses digital bite analysis to confirm even, stable contact throughout treatment.

7. **Do you treat to centric relation (CR)?**

Treating to CR aligns the bite with the jaw's most stable joint position — reducing TMJ risk.

8. **Do you treat to canine guidance (canine rise)?**

Proper canine guidance protects back teeth from excessive wear and improves jaw function.

9. **Do you evaluate TMJ health before treatment?**

Comprehensive care starts with joint evaluation to prevent pain and instability.

Bite Mechanics & Smile Design

10. **How do you correct a deep bite?**
Dr. Seely uses advanced mechanics and custom bite plates for stable, functional correction.
 11. **Do you use bite plates or focus on intruding front teeth for overbites?**
Controlling front-to-back balance creates a natural, youthful smile line.
 12. **Do you upright lower canines and use a broad arch form?**
Upright canines improve smile width, stability, and prevent relapse.
 13. **Do you align the upper front teeth to follow the curve of the lower lip?**
This creates a natural, youthful, and dynamic smile design.
 14. **Do you treat steep lower jaws differently from flat ones?**
Customized treatment avoids unnecessary surgery or joint issues.
 15. **Will I need teeth extracted for crowding?**
Dr. Seely preserves natural teeth whenever possible using space-creating techniques instead of extractions.
 16. **How do you handle uneven gums or worn teeth?**
Smile design includes evaluating gum height and tooth proportions — often in coordination with other specialists.
 17. **How do you handle severe tooth wear during treatment?**
Severe wear must be addressed early for accuracy and stability.
 18. **Do you consider TMJ, airway, periodontal health, or sleep apnea?**
Comprehensive planning means healthier, longer-lasting results.
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Digital Technology & Precision

19. **Do you provide digital treatment simulations?**
Simulations let you see projected outcomes before starting.
 20. **Are we done once braces or Invisalign are complete?**
Retention is crucial. Dr. Seely monitors every patient for at least one year post-treatment to ensure stability.
 21. **Do you bond a permanent retainer? What type?**
Dr. Seely custom-bends strong stainless-steel retainers for long-term durability.
 22. **What type of removable retainers do you use?**
Dr. Seely uses full-coverage, ultra-clear retainers custom-adjusted for precision fit.
 23. **Do you have an in-house lab for same-day retainers?**
Dr. Seely delivers retainers the same or next day to prevent unwanted shifting.
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Invisalign® Expertise

24. **What brand of clear aligners do you use?**
Only Invisalign® — the gold standard in comfort, precision, and predictability.
25. **Who manages my Invisalign treatment?**
Dr. Seely personally oversees every stage; nothing is delegated to assistants.

26. **Can I preview my Invisalign plan digitally before starting?**
Yes — you'll see a 3D ClinCheck simulation of your tooth movements and results.
27. **Do you personally design the Invisalign tooth movements?**
Dr. Seely designs every case herself to balance esthetics, function, and facial harmony.
28. **Do you use software that simulates facial or profile changes?**
Dr. Seely uses advanced tools to visualize both tooth and facial aesthetics.
29. **How do you ensure teeth are properly torqued, not just tipped?**
She uses optimized attachments and precise staging for full root control.
30. **How do you correct high or rotated lateral incisors with Invisalign?**
Dr. Seely uses specialized attachments and staging for symmetrical, fuller smiles.
31. **Can Invisalign be used for surgical cases?**
Yes — when coordinated carefully with surgeons using integrated digital planning.
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Braces & Customization

32. **What type of metal braces do you use?**
Dr. Seely uses Titanium Orthos® brackets for superior comfort and reduced root resorption.
33. **Who bonds the brackets?**
Dr. Seely personally bonds every bracket herself for precision.
34. **Do you bend your own wires or use pre-formed ones?**
She custom-bends each wire to fine-tune your smile.
35. **Do you use self-ligating or traditional brackets?**
Traditional open-slot brackets allow full control for personalized results.
36. **What slot size do you use — .018 or .022?**
Dr. Seely uses a .022 slot system for maximum precision and control.
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📍 **Dr. Dona Seely, DMD, MS**
Diplomate of the American Board of Orthodontics
1248 112th Ave NE • Bellevue, WA 98004
📞 (425) 453-7424 • 🌐 www.drdonaseely.com

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