

When I started working for Dr. Wedell in fall of 2013, it didn't take me long to see the potential for Invisalign for someone like me. In my teens I had braces for about four years—and my frequent trips to the orthodontist (for adjustments) and dentist (for extractions!) pretty much ensured I would be a non-compliant retainer wearer. I got a dentist far from home to remove the retainer on my lower teeth sometime in my twenties, and once my retainer didn't fit any more. I chucked it. My teeth looked fine, I was done.

Flash forward: I'm now in my 40s and I'm annoyed with my smile. My teeth are *mostly* straight. I have a tooth in my top set that is creeping into the middle of my mouth. On the lower side...well, my front four teeth look like they're all trying to go through a doorway at the same time. My upper & lower teeth don't fit together quite right either.

In Invisalign I saw a chance to straighten my teeth, improve my smile, my self-confidence and set my teeth up to last me for the rest of the life. And without braces? Where do I sign up?

When Dr. Wedell asked me if I would trade Invisalign treatment for regular blog posts about the process, I jumped at the chance.

Most of my posts will be about my experiences with the treatment, including the “setup” process, office visits, things I'm noticing about my aligners, any modifications I'm making to my behavior because of them and what's happening in my mouth. But we'll also take a few “documentary detours,” like “What is Invisalign?,” comparing Invisalign to traditional metal braces, and getting to know Dr. Wedell & his practice. I'll be both a patient and a reporter.

As my treatment progresses, please chime in with any questions you have for me. Who knows, you might just give me an idea for a great blogpost!

Next post: The Initial Visit

My Aligners

They're in! As I sit typing this, I'm wearing (and sucking on) my new Invisalign aligners. Hopefully the "sucking on" part doesn't develop into a bad habit I have to break later!

I got the call a couple of days ago that my aligners were in and since I actually picked up the phone was able to schedule my fitting for yesterday.

Once I arrived, Dr Wedell took me right back and popped in my first set of aligners. They fit very well—that is to say, tightly! He gave me a mirror to see how they look when they're on my teeth, which was invisible, as promised. You can definitely see them close up, but even so, they don't detract from my smile.

Dr Wedell then showed me how to peel them out by lifting from one corner in the back to the front and around. Though it doesn't much matter how I get them in & out right now, it will make a difference when I get my attachment points put on at my next appointment.

I was given my first 2 sets of aligners. I wear the current set for 2 weeks, then switch to set 2. Dr. Wedell says my first set is really just to get my teeth moving—my adult teeth are used the place they're in, so it's important to let them know "hey, we're doing something different here." (My words, not his.) With the second aligner, I will go in and get the attachment points put on. The attachment points are a little like the brackets in traditional braces. They give the aligners something to push against to move the teeth—besides the teeth themselves. I will have a lot of them, and will even have 2 on some teeth.

The attachment points were the bad news of the appointment. The good news was I will not need RUBBER BANDS and my total number of aligners is only 13! As Dr Wedell worked with Invisalign to devise the plan for my teeth, shifting my upper teeth in line with my lower ones was going to be a long, tedious process. The total number of aligners to do this was 46! Dr. Wedell knew I was hoping for no more than a year of aligners and when you consider that each aligner is worn for 2 weeks, 46 aligners is getting awfully close to 2 years in aligners. Even so, it was still under consideration except that my front teeth already sit pretty far back in my mouth. Correcting the alignment in front would end up with those front teeth sitting further back in my mouth, thus giving me a bit more of the "sunken teeth" affect that you see in old folks without dentures. So Dr Wedell opted to improve my profile instead of completely aligning my upper & lower teeth.

In the end, if I am annoyed by my upper & lower teeth not being completely aligned, we can always go with "refinements." Basically, the first round of Invisalign corrects the biggest problems with the teeth, but you can keep fine tuning your teeth placement for up to 5 years after you start. We'll see what happens once I'm done with my 13 aligners. I suspect I'll be more interested in their color than their placement at that point.

After warning me I may experience discomfort, headaches for a couple of days, Dr. Wedell showed me the attachment points and the animation from Invisalign of the movement of my teeth. I got a goodie bag with my two sets of aligners, two cases and a couple of bits of plastic to bite down on and that was it!

I am now an official Invisalign patient!

Next post: The first few days

A Day in the Life of New Invisalign User

Thursday night

Dr. Wedell told me to put my aligners in before going to bed, so I brush my teeth and pop them in around 9pm. The weirdest thing is that my teeth are touching each other before I expect them to. I guess the pressure is also weird. It definitely feels like there's something in my mouth that shouldn't be there. I'm biting on the plastic bits a lot to try & make sure they're seated and in the right place. I hate trying to sleep with a headache, so I take a couple of Tylenol as a preventative measure.

Friday morning

So far, so good. Since I had to walk the dog this morning, I just swished some mouthwash around in my mouth rather than brushing my teeth first thing. That was fine, but all through my dog walk I kept sucking mouthwash out of my aligners. I don't think I'll do that again.

I'm most conscious of the pressure on my teeth, but I am getting used to the aligners.

I am definitely lisping. I have to pay more attention to my diction to avoid it. I can say "She sells sea shells by the sea shore" and you can tell what I'm saying, but there's definitely a lot more "sh" in there than normal. I'm wondering if I'll have to take the aligners out when I'm helping lead music on Sunday at church.

Friday afternoon

On a phone call, I immediately start apologizing for my lisp. Helene says "Oh, I didn't hear anything." Maybe my self-consciousness is a little over-blown.

By 5:00 pm I feel like I'm in a total fog. I might just be tired, but I realize this could be my kind of "headache" from wearing the aligners. I take some Tylenol, and the fog lifts.

Saturday

I'm having a little bit of gag reflex. I finally figure out that sucking on my aligners means more saliva in my mouth, and that combined with the extra space taken up by the aligners means I'm gagging. So, sucking on aligners is bad. I stop, and the gagging stops.

I start practicing the music for church tomorrow. I am enunciating a lot more than normal, and really feel my lips moving over the aligners.

I ask my husband if I am lisping? He says it's noticeable, but not that bad. He says what is distracting is that I am making some really "interesting" faces as I speak. (He's a very diplomatic fellow.) So now I have something else to be conscious of.

From time to time I catch my tongue on the aligners, either along the top edge, or between the "ramps" on the back of my upper front teeth and my lower aligner. It's not like biting my tongue, exactly, more like pinching it. My tongue is definitely having a hard time finding a place to rest in my mouth now. Hopefully that won't last for long.

Sunday

It's go time! I feel really conscious in music rehearsal, but am reassured that aside from a little extra hissing I don't really sound that different. Nevertheless, I figure I'll be more comfortable singing with the aligners out, so I keep them in for rehearsal, but resolve to take them out for the music during communion.

Communion! How could I forget? Bread and wine with aligners? No. I retreat to the restroom and take them out before I'm due back on stage.

I run into Caroline in the restroom, who is 8. She sees me taking out the aligners and says she has them too! Turns out she has a custom mouth guard because she grinds her teeth at night. She is the first person to notice my aligners that I don't point them out to personally. Observant young lady!

Sunday afternoon

A picnic with friends! I've packed a lunch and my aligner case, but didn't think to bring a toothbrush. I guess I need to get a little travel set to tuck into my purse. Instead I pop the aligners out & run them under bottled water before I eat.

Monday

My aligners are feeling pretty good today. My tongue still feels a little sensitive, but isn't bothering me unless I think about it. I now have time to consider other puzzles with wearing Invisalign, such as...

Coffee and wine. I usually have a cup of coffee in the morning while I am doing my AM routine and long before I eat. I also occasionally have a glass of wine after dinner. I don't like to drink either of these things with my meals because I feel like I don't really enjoy them if I eat at the same time. Well, now I have to figure out if it's worth drinking separately them because I'll either have to take out my aligners to drink or risk staining

the aligners. So far, I am leaning towards leaving them in. After all, in the morning I'll be taking them out and brushing them for breakfast, and in the evening, I see no reason to change my habit of brushing my teeth at bedtime, even if I did just brush them after dinner.

Toothbrushing. I am now brushing my teeth way more often. I can't really see a down side to that, except that I can almost watch the toothpaste tube empty out. I have heard of people's gums receding from too much toothbrushing, but I think that has more to do with how hard they brush them rather than how often. Note to self: to get a travel brush and toothpaste for my purse, too.

Weightloss? I have friends who have had Invisalign or something similar and have lost weight because of less snacking. They say it's such a pain to take out the aligners that they just skip the snack and wait until their next meal to eat. Dr Wedell actually says Invisalign can make no guarantees about weightloss, but I'm hopeful that will be a positive side effect for me. (Of course, the fact that I've already lost some weight this summer probably will skew my results!)

Attachments

Yesterday I had my final “big” appointment to have my attachment points put on.

If you check out my ClinCheck animation [add at right] you can see in slide 2 some little blue items get added to the outside of my teeth. Those are the attachment points. They serve the same purpose as brackets in braces, giving the aligners something to grab onto to twist and move your teeth into their proper places.

My first set of aligners didn't have the spaces for the attachments, but when I put in set 2, they had little bumps built in where the attachment points would go. This is the first time anyone commented on my smile with the aligners in—I flashed it to a friend on Sunday, and she said “OOoo, shiny!” So yeah, they seem to catch the light a little more than just straight aligners. But overall they are still pretty unnoticeable.

The attachments appointment was about an hour long and the procedure was a little different than everything to date. First off, Claudia had to make sure the outside of my teeth were completely dry in order to first clean my teeth, and then apply epoxy. Claudia told me that this appointment would be about as unpleasant as having some of my photographs and molds made, since she would be using a similar device to peel back the corners of my mouth. I have to say—of all the appointments, this was the worst one for me. My teeth are sensitive to heat and cold and for some reason having them dried made the cold reaction kick in. Also, my gag reflex has been touchier lately (maybe because there's less space in my mouth?) and I had to work hard to control that. Both the sensitivity and the gag reflex were worst on my lower teeth, which she did first, so I'm glad to say my reactions improved on the upper teeth. Even so, it was not fun.

After Claudia prepped my teeth, Dr. Wedell came and placed a special template aligner in my mouth with spots for all the attachment points. They are not brackets—more like a buildup of the epoxy. Think bondo for teeth. He used a dental tool to apply pressure at each point to create the attachment. That part didn't bother me in the least!

At the end of the appointment and three different sets of applications, I have my attachment points. I'm getting used to them. Since I wore the aligners a few days before getting the attachments, I've gotten used to having little bumps on the outside of my teeth. With the aligners out, though—now that's strange. It's like I have kitten teeth on top of my regular teeth. They don't hurt & they don't cut into my gums or anything...but it is a strange sensation.

My aligners definitely fit tighter with the attachment points! There was a little play in them before that is totally gone now. And I can feel pressure on my teeth in a different than before. When I compare my first set of aligners with this second set, I can already see the difference, and that's really exciting. I'm thrilled to be seeing results so quickly.

I'm heading off for vacation now, and Invisalign is going with me, attachment points and all! I'll fill you in on that soon.

2x as Fast—Invisalign with Propel

Dr. Wedell was hopeful when I started blogging for him about Invisalign that I would also be willing to try Propel. Propel is a technique that, when added to braces or Invisalign, significantly reduces the amount of time in treatment. While it definitely accelerates braces, that acceleration means more adjustments, which means more frequent trips to the orthodontist. With Invisalign, after Propel, you simply change your aligners every week rather than every other week. What that means is that Propel can cut your remaining treatment time in half with Invisalign!

So far, I have been handling my Invisalign just fine, but there are times when I'm annoyed by them. I've noticed additional pressure on my teeth for a couple of days after switching to newer aligners. I still occasionally catch my tongue on the ramps behind my two front teeth, which pinches. And my attachments points only bother me when my aligners are out—they are rougher than the aligners, so I notice them then.

When Dr. Wedell asked if I'd like to try Propel, I wasn't dying to get done with my treatment plan, but I was bothered enough that I decided that given the chance, yes, I'd like to be done faster.

The Procedure

Propel visits start off much the same as other visits. I went to the treatment area where Dr. Wedell first checked the fit of my current aligners—which was perfect! After swishing a special mouthwash around in my mouth, he applied a topical anesthetic, which had to sit for 10 minutes. Then, it was time for Propel!

[Read about how Propel works here.](#)

In layman's terms, the Propel technique requires holes to be made around and sometimes in the target tooth in order stimulate your body's inflammation response. This is why a tooth that is knocked out can often be saved by putting it back in—Propel harnesses your body's natural healing response to tooth trauma to get your teeth to move more quickly.

Dr. Wedell targeted 4 of my teeth with the Propel treatment—a lower right, lower left, upper right and upper left. These are the teeth that for me have the greatest distance to move to be in the proper position. That meant he started on my upper right, then moved to the upper left, and so forth. My guess is he started with the tooth needing the most movement first, since that one took the longest.

Nothing special was needed to hold my mouth open. Dr. Wedell just used a dental mirror to peel my lip back and then the Propel device to make the punctures. This was a little weird. There was a lot of pressure, and the tool itself looks a bit like corkscrew, so there was pressure while he was screwing the top (and squeaking his gloves). There were a couple of times when I felt a pinch as well as the pressure, or like my tooth was hyper

sensitive. Overall, this was not nearly as bad as having the attachments put on for me, but I bet this is different for everyone.

Post Procedure

After the procedure, I was really numb, including my tongue and lips. Some of the anesthetic got on my tongue but we think my lips went numb 'cause I got up to check out my ClinCheck video with Dr. Wedell after the local anesthetic. Since I couldn't spit or have my saliva sucked out, it came into contact with my lips. (Don't worry, he won't do this to you.) I was practically drooling, and had to type questions for Dr. Wedell on my phone because I couldn't talk.

I had a couple of errands to run after my appointment, so by the time I got home, I had a headache, or, more accurately, a jaw ache. The folks at Propel say that most people can go right back to work after the treatment—Dr. Wedell says most of his patients take the afternoon off. When I got home, I took a couple of Tylenol and laid down in bed for a couple of hours. The headache was a lot better, though not gone. Most of the numbness went away within 3 hours, though my gums and tongue still prickled. I did some light housework in the evening and since the headache seemed to be getting stronger again, I took a couple more Tylenol before going to bed.

Recovery

The day after the procedure, I felt fine—no headache. I did have some achiness in the muscles around my mouth, so hurt to smile or open my mouth wide, so I just made sure I didn't do too much of either of those things!

Dr. Wedell said some patients say they feel like they've been sucking on a lemon. For me, that feeling was mostly on my lips, kind of like I was dehydrated. I felt like the inside of my mouth was raw meat. It reminded me of having braces first put on and how cut-up the inside of your mouth gets. There is also some peeling of the tissue inside my mouth, like a pizza burn, but on the outside of my gums rather than the roof of my mouth. It feels a little gross—I am not enjoying taking my aligners out right now.

I did stick to soft foods after the procedure but the day after I was on to my regular meals, which was no problem at all.

I am now on my fourth day after the procedure and my mouth is *mostly* back to normal. My gums are no longer bleeding, and there's just a couple of spots that still have that raw meat feeling.

New Aligners

Yesterday was my day to switch my new aligners (#4!) and I could tell immediately that something was different. I've been annoyed by the pressure in my mouth when I change aligners—and I am experiencing a lot less of that pressure post-Propel. They still feel like new aligners because I have to warp them a little to get them in, and they fit tightly, but the pressure doesn't seem as bad, and I love that.

Why Use Propel?

- If you want to finish your remaining treatment in half the time, Propel will do that for Invisalign users.
- If you have a stubborn tooth that simply *will not move*, Propel is perfect for you.
- If you are like me and get annoyed or get headaches from the pressure of your braces or aligners, Propel *may* help with that.

Would I do Propel again? I still have to see that it delivers as promised, but a half-day's discomfort to have my remaining treatment time cut in half? Yes, I'd do it again.

Epilogue

Yesterday I got to put aligner set #5 in—a week ahead of schedule due to Propel! Once again, the pressure didn't seem quite so bad and I'm wowed by the progress. I can practically see my teeth moving! And I am thrilled to have 10 week knocked off my total treatment time.

Living and Thriving with Invisalign

In this post I talked about a few things I wasn't sure how to handle with my aligners. Now that I have a few weeks experience under my belt, I thought I'd talk about how I'm dealing with those things and how my routine has changed.

Coffee & Wine

With Invisalign, there's nothing off limits as far as eating goes. But on the other hand, you're supposed to keep your aligners in as much as possible. That has made my morning coffee drinking and my occasional glass of wine difficult. I drink them to enjoy them. That means I can take up to 45 minutes to drink a cup of coffee and about the same for a glass of wine. If I were to leave my aligners out and actually take that long to drink my beverages, that would be an extra hour and a half each day that my aligners were out. Since I want no delays in finishing my treatment, I've finally decided to leave in my aligners while I'm drinking and just be prepared that they'll get a little nasty looking.

Toothbrushing

Rather unexpectedly, my toothbrushing habits have changed with Invisalign. Before Invisalign, I did a wake-up brush and a just-before-bed brush. When I started with my aligners, I was brushing my teeth and aligners when I woke up, after breakfast, after lunch, after dinner and before bed. That is a lot of toothbrushing! I've finally let the first toothbrushing of the day lapse and am just brushing after meals, and just before bed if I have dessert or a glass of wine.

One positive side benefit to both wearing the aligners and brushing my teeth so frequently is that my teeth are getting whiter! In case I ever needed proof that coffee stained my teeth!

Aligner Care

Most of the time, I just brush my aligners with a toothbrush and toothpaste at the same time I brush my teeth. But I have found a couple of tricks to keep them from getting too grungy:

- Dawn dishsoap. If my mouth has been especially "goeey," I'll brush my aligners with Dawn. It takes grease out of your way, and gets the goop off your aligners too. Just rinse well before putting them back in your mouth!
- Baking soda. When I get a buildup on my aligners, brushing with baking soda works great at scouring off the crud.

Now that I've had Propel, I'm changing my aligners every week, so that means less buildup before putting in a new pair. Basically, I can just brush them and not worry about them getting cruddy!

Eat What I Want!

A couple of days ago I had dinner with some friends who hadn't seen me since I got my aligners. They were asking me a ton of questions, and were just marveling that I could eat anything I wanted to.

This got me thinking about how much braces changed my eating and snacking habits. I stopped eating oranges and using chewing gum when I had braces, and I've never enjoyed chewing on either since. Tonight, we're going to have corn on the cob for dinner. Corn! With braces? No way. Especially on the cob. You're just asking for trouble. But it's not a problem with Invisalign. Then there's apples. I love apples. If I had to go off apples again...well, that might have been a deal breaker for me.

But thankfully with Invisalign I don't have to worry about things I can't eat. I just eat what I like, throw my aligners back in, and keep going.

On Vacation with Invisalign

I had my aligners just a couple of weeks—and my attachments just a couple of days—before going on vacation. I knew I'd have to make some adjustments to make in how I travel to accommodate them.

Toothbrushing

First off, since we were driving to Maine, I normally do a lot of snacking in the car. Not so easy when wearing aligners! If I was driving, I couldn't take them out to eat, and if I was the passenger, I couldn't clean them. So, overall, less snacking in the car. (Not a bad thing, really.)

Since we did do a not of eating on the run, I was basically brushing my teeth at every stop along the way. On the way back...well, not so much. I just put them back in duty a lot. They got pretty nasty looking by the end of the trip! But keeping my toothbrush and toothpaste handy—and not packed away in my luggage—was key to keeping hygiene up.

Once we arrived in Maine, I was surprised by how much I ended up taking the aligners in and out all day. My husband and I spent a great deal of time at my parent's house, and had to accommodate their eating schedule, which was sometimes different than ours. And let's be honest, who's going to turn down wine & cheese before dinner, or a piece of blueberry pie? I ended up leaving a small plate and a travel sized toothpaste with toothbrush near their kitchen sink for unscheduled eating.

Keeping Track of the Aligners

Aside from needing to make dental hygiene job 1 at all our pit stops, I also had to keep track of my aligners. Most days I remembered to keep out my Invisalign case with my toothbrush and toothpaste, but on the days I didn't I ended up with my aligners in a napkin when I wasn't wearing them, which is just asking for them to be thrown out. When I would forget to have my case available, I would wrap them & stash them in the glovebox to make sure they didn't get tossed in the garbage with the rest of our fast food wrappers.

Since I saw Dr. Wedell only a few days before I went on vacation, I was able to get my next 2 aligner sets from him. I changed one while on vacation, so I brought that one with me, and kept my previous pair as a backup. Had I lost my current pair, I could put in the old ones to hold me over. (And I might have been able to move earlier to the highest number pair if I were within a couple of days of my change date.)

Camping

My husband and I spent a couple of days at Acadia National Park and spent the night at the Seawall Campground there. I was a little apprehensive about losing my aligners there, but my travel routine was in full force by then—I just made sure I always put my

aligners in their case and in the glovebox of the car when they weren't in my mouth, and I always knew where they were.

Do's & Don't of Travel with Invisalign:

- DO create a “travel kit” with toothpaste, toothbrush, case, rubber bands (if you use them) all packed into their own tote, to be kept with you always—never pack it in your luggage. I wish I had done this! Having these items in one place and kept together is the way to go. I would go so far as to suggest you even have an extra case in your tote, not the one you normally use.
- DO designate a place in your vacation home, hotel room, camper or car to return your tote to—regardless of whether the aligners are in your mouth or in your case—so you can always easily find them.
- DO ask your orthodontist for enough aligners to cover the amount of time you'll be gone.
- DON'T wrap your aligners in a napkin or paper towel! I almost had a waitress clear them away when taking the dishes. It is better to rinse them off and just leave them on the table than wrapping them in a napkin. And you're more likely to remember they're there if you can see what they actually are, too.

Strolling Towards the Finish

Here we are in January, 2017. A couple of months ago, I expected to be all finished with my Invisalign treatment and be fitted for retainers. So much for the best laid plans!

To recap, in November Dr Wedell and I discussed what refinements I'd like to make to my smile now that my teeth were all moved into their proper positions. We decided to move one of my front teeth a little more forward to downplay the other slightly discolored tooth. This worked pretty well! I'm happy with the result, though Dr Wedell sees room for improvement. (My discolored and misshapen tooth clearly is bothering Dr Wedell more than me!)

After that, he asked if there was anything further I wanted done. There were two things still bothering me. One of my canine teeth had not rotated and dropped into place enough for my liking. There was some asymmetry between my two canines and that was bothering me. The other was one of my lower four front teeth. It was slightly lower than the other four, and since the one right next to it was slightly higher, it really looked low.

So at a visit in early December, we did 2 things:

First, we removed the "button" on my right canine. It was not in the seating correctly—apparently this was a result of me not munching on the plastic chewy things he provided during treatment! Chewing on something malleable helps to force your teeth into the mold provided by the aligners. After a couple of weeks with LOTS of chewing, I'm happy to report my tooth rotated and dropped. Although it's still not exactly where it should be, I'm now happy with the location, and Dr Wedell seems to be, too.

Second—I'm hoping, FINALLY—Dr Wedell devised what I call "a tooth elevator" for my troublesome lower tooth.

What is a tooth elevator? Well, you'll just have to check back next week!

Tooth Elevator

This is brilliant. And I think it's one of the best reasons I can give you to see an experienced orthodontist like Dr. Wedell rather than ordering aligners through the Internet or getting them from your dentist.

I explained last week about my lower tooth that was stubbornly refusing to stand tall and proud with its relations. Here's the photo Claudia took before my refinements:

The problem probably came about for the same reason my upper canine hadn't moved—not enough chewing to force the teeth to conform to their aligners. Although to be fair, my teeth have ALWAYS been unhappy about moving. That was one reason I saw an orthodontist for so long as a teen.

In any event, Dr. Wedell tried the same move as with the canine—he removed the button and instructed me to chew. While this may have helped some, it didn't really do the trick.

So Dr WEdell outlined my options. We could make new impressions and get another set of aligners, or he could try to raise the tooth by attaching a bracket and using a rubber band. He would make a cutout on the front of my aligner, and two slits on the back. I could connect the rubber band at the back, pull it to the front and wrap it under the bracket.

Yes, some of you will remember my aversion to rubber bands. But in this case, since it was going from the back of the tooth to the front—and not from the top jaw to the bottom—I was willing to consider it. Also, I did not enjoy getting the impressions made. The rubber band approach seemed the speediest and least annoying option to me.

So a few days before Christmas, Dr. Wedell and Claudia attached a bracket to my tooth and told me to give it 48 hours before using the rubber band.

Unfortunately, the bond failed completely. So at my January follow-up appointment, I had to have the bracket re-attached. Dr. Wedell said if it didn't hold, I'd have to do new impressions instead.

Fortunately for me, it is holding and I am wearing the rubber band right now!

It took me a while to get used to the bracket. All of sudden I'm back to using wax and having my tongue messed up again—the rubber band is making a bit of a sore spot on my tongue, so I'm having to use wax on the back as well as the front. Aside from that bit of discomfort, it's going well, though I'm not sure it's doing anything as of yet.