

Instructions for Invisalign

Always Remember To:

1. Wear your aligners per your doctor's instructions, usually 22 hours per day. When they are not in your mouth, they are not working which will hamper treatment time. Relapse can occur if not worn as directed.
2. Wear each set of aligners for two weeks unless our office directs you to vary from this schedule.
3. Wear aligners in the correct numerical order. (Each aligner is labeled by number and with a U or an L to designate upper or lower.)
4. Keep all of your old aligners and bring the previous set to your regular follow-up appointments.
5. Wash your hands thoroughly with soap and water before handling your aligners. And rinse your aligners when removing them from the packaging.
6. Handle only ONE aligner at a time. Don't use your teeth to "bite" your aligners into place.
7. Aligners should only be removed when brushing, flossing, or eating. Place the aligners in their protective case when they are removed from the mouth. Don't place your aligners in or on a napkin or tissue. Many aligners have accidentally been thrown out this way!
8. If you have pets, don't place your aligners anywhere that your pets can reach them. Pets are attracted to your scent and would enjoy chewing on your Invisalign trays!

Attachments:

1. The "bumps" on your teeth are called attachments. Attachments are made of clear composite material and are placed on the teeth to help the aligners make certain movements. It is very important the attachments or "bumps" on the teeth engage the corresponding "bubbles" in the aligner.
2. You must check attachments for proper engagement with each new set. If it is not fully engaged, the attachment can possibly work against the treatment plan.
3. If any attachment falls off, please call our office right away so that we can determine if you need to come in before your next scheduled appointment.
4. Aligner "Chewies" are used to aid in seating attachments and help the teeth track in the aligners. Patients should use them several times a day for the first few days with each new set as directed by the doctor.

Aligner Insertion:

1. Make sure you have the proper aligner — the upper for your top teeth and the lower for your bottom teeth.
2. To help avoid confusion, each aligner is engraved with your unique case number, a "U" for upper and an "L" for lower, followed by the stage number.
3. You may insert either the upper or lower aligner first. When inserting each aligner, gently push the aligners over your front teeth. Then apply equal pressure, using your fingertips, to the tops of your left and right molars (back teeth) until the aligner snaps into place. When aligners are correctly inserted, they will fit all the way down on the teeth, with no space between the top of

the aligners and the top of the teeth. Aligners will fit tightly at first but should fit well at the end of the two-week period.

4. Do NOT bite your aligners into position. This may damage them. Note: If you experience sharp pain or significant discomfort, discontinue use of the aligners and contact your doctor.

Aligner Removal:

1. On one side of your mouth, use your fingertip on the inside of your back molar to slowly pull the aligner from your molars; walk the aligner out to the front and then the other side to release the aligner.
2. Immediately rinse aligner with water, shake off excess water, and store your aligners in the protective case provided with your starter kit.

Cleaning Aligners:

1. Clean your aligners prior to each insertion. Use a soft bristle toothbrush with water and a small amount of toothpaste if you like. Note: Be sure to rinse each aligner thoroughly with water after each cleaning. We also recommend that you use the Invisalign aligner cleaning products once a week, or as needed. Cleaning crystals are available for purchase at <https://shop.invisalign.com/>.
2. Do NOT use denture cleaners to clean aligners. Do NOT soak them in mouthwash. These products can damage the surface of the aligner, causing it to become dull and more visible.

Proper Oral Hygiene:

1. Remove your aligners for eating and drinking. (You do not need to remove your aligners to drink cool water.)
2. Brush and floss your teeth after each meal or snack prior to re-inserting your aligners. If you don't have access to your oral hygiene tools, you can simply rinse your mouth, and then clean your aligners by holding them under warm running water. It's not the best way to clean, but it works in a pinch. Be sure to thoroughly clean your teeth and aligners at your earliest convenience.
3. If you have any questions regarding hygiene techniques, please contact us.
4. Regular dental checkups and cleaning are recommended for the continued health of your teeth and gums. Note: Keep your previous sets of aligners in a clean plastic bag. Keep them out of reach of small children and pets. When traveling, always bring with you your current set, previous set, and next set(s), in case of an emergency.

Refinement:

1. Re-scanning may be necessary during or at the end of a series of aligners. This "refinement" is not an indication that something is wrong, but simply the doctor's way of making adjustments to the treatment.
2. At the end of the first series of aligners, it may be necessary for a patient to wear another series of refinement aligners before the treatment is completed.

Retention:

1. Following your Invisalign treatment you will be required to wear aligners as retainers to prevent relapse or unwanted movements.
2. In most cases, full-time wear is needed for the first 2 years. After 2 years, retainers should be worn at least at night for life.
3. Failure to wear retainers as directed will generally result in relapse and will then require retreatment. Retreatment is considered a new orthodontic treatment and there will be separate treatment costs.

Frequently Asked Questions and Answers:

1. **Q: Will the treatment be painful?**

A: Most people experience tooth soreness for a few days after starting each set of new trays. This is normal. It is a sign that the Invisalign aligners are working, moving your teeth to their final destination. This soreness should gradually go away a couple of days after inserting the new set. If it persists and or worsens, let us know.

2. **Q: Will wearing the Invisalign aligners affect my speech?**

A: Like all orthodontic treatments, the aligners may temporarily affect your speech, and you may have a slight lisp for a day or two. However, as your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by your aligners should disappear.

3. **Q: What should I do if my new Invisalign aligner doesn't snap onto my teeth?**

A: Minor discrepancies between the new aligner and the current tooth position are normal, since the teeth need time to conform to the new aligner position. In the event of significant problems with aligner fit, let us know.

4. **Q: Are there restrictions on what I can eat?**

A: In general, no. Unlike traditional orthodontics, you can usually eat and drink whatever you desire because you remove your aligners while eating. Thus, there is no need to restrict your consumption of any of your favorite foods and snacks, unless otherwise instructed by your doctor.

5. **Q: Is it OK to drink hot or cold beverages while wearing Invisalign aligners?**

A: Except for cool water, we recommend that you do not drink while wearing the aligners. This is to avoid formation of cavities and stains, or warping of the aligners with hot drinks and hot water.

6. **Q: Can I chew gum while wearing Invisalign aligners?**

A: NO. Gum will stick to the aligners. We recommend removing your aligners for all snacks and meals.

7. **Q: Will smoking or chewing tobacco stain the aligners?**

A: Yes. Smoking or chewing tobacco while wearing aligners will stain your teeth and aligners.

8. **Q: What if I lose or break an Invisalign aligner?**

A: If you lose or break your aligner trays, please wear the next set of trays if you have them. If you do not have them or if they do not fit, please wear the previous set. It is extremely important to wear trays to keep teeth from shifting. Call our office to let us know which trays were lost or broken, so that we can determine if ordering replacement is needed. There will be a fee of \$100 for replacing a set, especially if multiple replacements are required. The fee covers the charges from Invisalign.