

A Guide to Your New Invisalign

Three Keys to Invisalign

We want to provide you with the most pleasant experience possible. Here are some tips for happy living with your Invisalign



WEAR THEM

Aligners should be worn **20-22** hours per day.

Invisalign **only** works when you are wearing them.



CHEW ON THINGS

Use your chewies every time you put your aligners back in and chew on things throughout the day. They will seat your trays and improve the outcome.



WEAR THEM UNTIL THEY FIT

Each set of trays should be worn for 1 week. At the end of the week check to see if you have any "halo" between the aligner and teeth. If so, keep wearing the current tray until the halo goes away. Contact us with any questions.

EXCELLENT TRACKING



PROBLEM TRACKING -



Use Chewie. If no improvement, call our office.

If You Lose an Aligner or Break an Attachment

- → If you lose an aligner switch to the next aligner in the sequence.
- → If the next aligner is not fitting properly, go back to previous aligner you were wearing before it was lost and give us a call so we can order a replacement.
- → Never go an extended period of time without wearing your aligners because your teeth will shift and your next aligners will not fit.
- → If you break an attachment, give our office a call or text. Please ask our team member to let the doctor know that you/your child has lost an attachment. Indicate if it was lost from an upper or lower tooth. You will be contacted to schedule an appointment if necessary.

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Keeping Your Mouth & Aligners Clean

- ✓ Brush and floss your teeth after each meal or snack prior to re-inserting your aligners. If you don't have access to a toothbrush, rinse your mouth then clean your aligners by running them under water.
- ✓ Regular dental checkups and cleaning are recommended for the continued health of your teeth and gums.
- ✓ Clean your aligners every day with soap and cool water. Do not use toothpaste; it can damage your aligners.

Your New Daily Routine

3x
Brush Teeth

1x
Floss

1x
Fluoride Mouth Rinse

NOTE: ● → It is normal for your teeth to be a little sore for 2-3 days after switching trays.

● → Take over the counter pain medication as needed (Motrin, Advil, or Tylenol are all ok).

Wearing Your Aligners

- ✓ Aligners should be worn 20-22 hours per day. If you wear your aligners less than this, your teeth may not move as we expect them to.
- ✓ Place aligners in your case when not wearing them and keep them away from pets! Never wrap them in a napkin or they will get thrown away.
- ✓ Remove your aligners for eating and drinking. You do not need to remove your aligners to drink cool or tepid water.
- ✓ Place all finished aligners back in its bag. Please keep all finished aligners and bring them with you to your appointments.
- ✓ Please avoid chewing super hard foods like ice and hard candy. Your attachments are pretty resilient but they can break if the food is hard enough.
- ✓ Each aligner is stamped with a letter and a number (U for upper and L for lower.) The number corresponds to the order of the aligner in sequence. Make sure you are wearing the correct set.