

INSTRUCTIONS FOR YOUR INVISALIGN

REMOVE ALIGNERS FOR EATING & DRINKING EVERYTHING EXCEPT WATER: Remove aligners gently to avoid breakage. Brush your teeth after eating and before replacing your aligners. Try to minimize frequency of removal. Drinking anything other than water may leave a coating/film on your teeth and in the aligner- possibly causing a stain to form on the tray. Please place your aligner in your designated aligner case to avoid throwing it away by accident.

CLEANING: Brush your aligners with soapy water and a soft bristled toothbrush at least twice a day. You can also soak the aligners for 10 minutes in a glass of water with three drops of Clorox if they need to be clarified. Another option would be to soak them in a denture cleaner once or twice a week (brand does not matter). Do not boil your Invisalign aligners or soak them in any household cleaners. Doing so could damage or break the aligners. There is a charge per aligner for replacement aligners if they are damaged or broken.

ATTACHMENTS & IPR: You may notice bumps or ridges on several of your aligners. These are used to fit around tooth colored attachments placed on your teeth. These attachments will aid the aligners in moving your teeth properly. IPR or Interproximal Reduction may be used to aid the aligners with movement also. **FULL TIME WEAR IS REQUIRED:** Remove your aligners for meal times, brushing, or drinking anything other than water. Tooth movement is a biological process requiring a constant gentle force. Failure to wear aligners full time (22 hrs/day or more) may result in the aligners not fitting properly. The series of aligners would then need to be re-fabricated at an additional cost.

CHANGE ALIGNERS ACCORDING TO DENTAL MONITORING: As part of your treatment plan, weekly DentalMonitoring scans need to be done using your DM ScanBox and the DM App. Please see our step by step guide on how to take scans. Each scan will provide details as to whether the aligner can be changed after 1 week, or if you need to continue wearing that aligner set for a few more days. Do not change into the next aligner set prior to receiving an OK from the DM App. Changing aligners too soon may result in aligners not fitting properly. Aligners should be worn 20-22 hrs/day. Make sure you are wearing the same number aligner on the upper and lower arch. For example, do not progress to #4 on the upper and continue to wear #3 on the lower.

SAVE ALL OF YOUR ALIGNERS: If a problem occurs during treatment we may need to revert to previous aligners. If you lose or break an aligner you can back up to the last aligner worn. This way we can maintain alignment until we can replace the lost or broken aligner. Call the office and let us know the aligner number that is missing. We can have the replacement back in less than two weeks. Please be aware that there will be an additional out-of-pocket cost for replacement. You should never be without an aligner in your mouth for an extended period of time.

FIT OF ALIGNER: If your aligner feels very tight in any area and the tightness does not diminish over a few days call for an appointment. Please contact one of the coordinators below if you have any other concerns (i.e. a tooth that is not tracking) with the fit of your aligners. You can improve the fit of your aligners by using the Aligner “chewies” provided at each appointment. You should not advance an aligner early unless directed by the Doctor; doing so will not give you the full movement that is built into the aligner. Rushing through aligners before you’re ready to switch may result in tracking issues.

TOOTH WHITENING: We do not recommend tooth whitening treatments or bleaching of your teeth during your Invisalign Treatment. This would include whitening strips or bleaching trays. If your toothpaste has a mild whitening agent in it (usually baking soda), that is fine to continue to use. You will receive a complimentary whitening kit once your treatment is complete.

QUICK AT HOME FIXES: If you find that an edge of your aligner is rubbing your cheek/lip/tongue, you may use an emery board (nail file) to gently smooth out the edges of the aligner. This may be the result of your mouth adjusting to the aligner and does not mean it will persist throughout your entire treatment. If you find your aligner does not fit snugly around your back molars, gently squeeze the plastic in between your fingers to contour the aligner.

JUST A FEW MORE THINGS: Do not chew or bend/twist your aligners. They are clear plastic and eventually will wear down and crack overtime if “played with”. Do not leave your aligners in a hot car; the heat could distort them. If you play a sport that does not require a mouth guard, you may still wear your aligners. If your sport does require a mouth guard, please wear one designed for orthodontics (available in our offices) and NOT a boil and bite style. Warm salt water rinses may be used if you have any oral scratches/sores develop as a result of your mouth adjusting to everything. Eventually your mouth will build a “callus” and toughen up. You may experience some soreness initially; you will want to take whatever you’d normally take for a headache.

At the end of your Invisalign treatment you will receive a retainer that you will be asked to wear FULL TIME for a period of time.

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