

### REMOVE ALIGNERS FOR EATING & DRINKING EVERYTHING EXCEPT WATER:

- Be sure to remove your aligners very gently and minimize the frequency of removal.
- Brush your teeth after eating and before replacing your aligners.
- 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.
- Always keep your aligners in their designated case!

**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. Do not advance an aligner early unless directed by DM or your Doctor.

**ATTACHMENTS:** You may notice bumps or ridges on several of your aligners. These are used to fit around the tooth colored attachments placed on your teeth. These attachments will aid the aligners in moving your teeth properly.

### CLEANING:

- Brush your aligners with soapy water and a soft bristled toothbrush at least twice a day.
- To clarify your aligners, please try the cleaning crystals. Additional packets are available for purchase on the Invisalign website. You can also soak your aligners for 10 minutes in a glass of water with three drops of Clorox or denture cleaner for the same effect.
- 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 replacements if they are damaged or broken.*

**CHANGE ALIGNERS ACCORDING TO DENTAL MONITORING:** As part of your treatment plan, weekly Dental Monitoring (DM) scans need to be done using your DM ScanBox and the DM App.

- 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.
- 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.

**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.

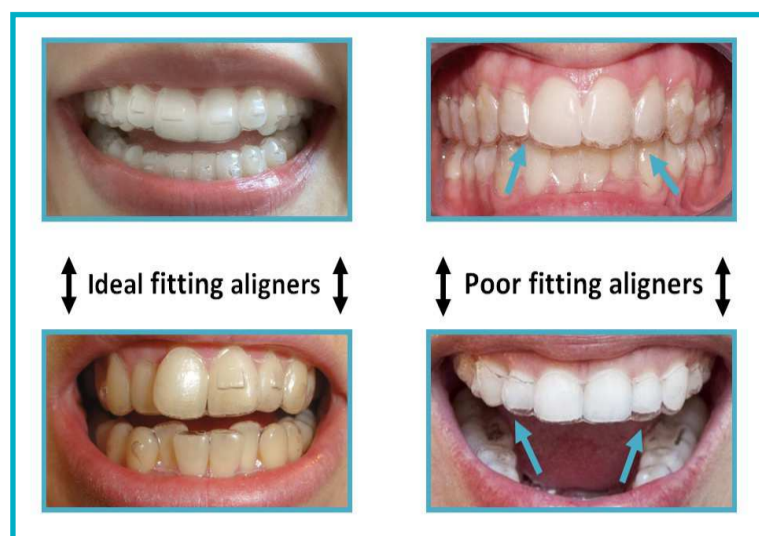
**FULL TIME WEAR IS REQUIRED:** Remove your aligners only for eating, brushing, and drinking (anything other than water). Failure to wear aligners full time, at least 22 hrs/day, may result in the aligners not fitting properly. The series of aligners would then need to be re-fabricated at an additional cost to you.

**REFINEMENT:** This is the stage that comes after you've completed your first series of active aligners. This stage is designed to “fine tune” or “detail” your teeth. Most patients will receive at least one additional set of aligners at NO ADDITIONAL COST; refinements are included in your treatment investment AND estimated time frame. At the time of refinement, you will have another scan and additional photos. You may even have more attachments added. Your refinement aligners may take up to 6 weeks to arrive, just as your first set did. You will be required to wear “passive” aligners during this time to hold your newly aligned teeth in place and prevent any shifting.

**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 plastic will wear down and crack 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.



***At the end of your treatment you will receive a set of retainers that you will be required to wear FULL TIME.***