



### Your First Day

1. Most people experience some soreness for a day or two after starting each new stage. This is normal. It is a sign that the aligners are working and moving your teeth to their final destination. If necessary, only use Tylenol as a pain reliever. (Ibuprofen is an anti-inflammatory medication and teeth moves by inflammation therefore taking this will slow down the movement of teeth.)
2. On rare occasions, aligners may temporarily affect your speech slightly. However, as your tongue gets used to having the aligners in the mouth, any minor disturbance in normal speech caused by the aligners will disappear within the first week.
3. As part of your treatment plan, attachments will be placed on certain teeth to better aid in the movement of your teeth. These attachments are simply tooth colored material that will be bonded to the surface of your tooth. These attachments are only temporary, and will be completely removed when your treatment has been completed. If any of the attachments fall off during treatment, please give the office a call so we can replace it.
4. If there is a rough spot on the edge of an aligner, gently use an emery board to smooth it out.

### How and When to Wear

1. Invisalign **ONLY** works when you are wearing them. We recommend you wear your aligners **FULL TIME**, day and night (at least 22 hours a day). They should only be removed for eating and brushing. After eating, we recommend that you brush, floss, and insert your aligners as soon as possible.
2. Wear each aligner for 2 weeks or as directed by the dentist.

### Insertion and Removal

1. Make sure you have the correct aligner- each aligner is labeled. U for upper and L for lower with an aligner number. Ex: Lower arch, aligner #8



2. When inserting aligners, begin with your front teeth and gently move backward. **DO NOT** bite the aligners in place.
3. Make sure each aligner is **ALL THE WAY DOWN** and fully seated. You should not see any space between the teeth and the aligner (no air gaps). If the aligner is not fully in place, the teeth will not move properly and the next aligner will be even further off. Use **CHEWIES** to fully seat the aligners. It should be placed between the lateral and canine teeth on both sides as indicated in the picture. Bite firmly down on them for 10 minutes 2x a day or as indicated by the dentist for your case.





4. To remove the aligners, pull off equally on both sides of the back teeth first, and then gently lift off the front teeth. Always rinse the aligners in cold water and store in the proper container. To prevent damage, avoid unnecessary removal. Do NOT use sharp objects to remove your aligners.
5. When switching aligners, the aligners may feel tight at first. These aligners will be more comfortable with time. Each set of aligners are worn for 2 weeks. When switching to a different aligner, make sure that the switch is done immediately and not after a food or snack break. This is will make the aligner switch easier and more comfortable.
6. Your bite will be changing continuously throughout treatment and this is normal. Teeth may begin to feel slightly mobile or loose during treatment, but this is normal.

### **Routines**

1. Oral Hygiene: Brush and floss teeth normally with the aligners out. Also brush aligners. It is important that you brush your teeth after each meal and prior to re-inserting your aligners to maintain fresh breath and proper hygiene. Large food particles may prevent proper insertion.
2. Eating: There are no food restrictions with Invisalign. However, aligners must ALWAYS be removed when eating.
3. Drinking: Remove aligners while drinking anything besides water. Any fluid will get inside the aligner and be held against your teeth possibly for hours and can cause staining or damage the teeth and aligners.
4. Chewing Gum: Do NOT chew gum while wearing aligners. It will stick to the aligners.
5. Smoking: It is advised NOT to smoke while wearing the aligners. It will stain the aligners and teeth.

### **Care of Aligners**

1. Clean your aligners prior to each insertion using your toothbrush. Rinse under running water and brush until clean.
2. Never use denture cleaner or soak in alcohol or bleach, as they will damage the aligners.
3. Do not place aligners in boiling or hot water.

### **Storing Aligners**

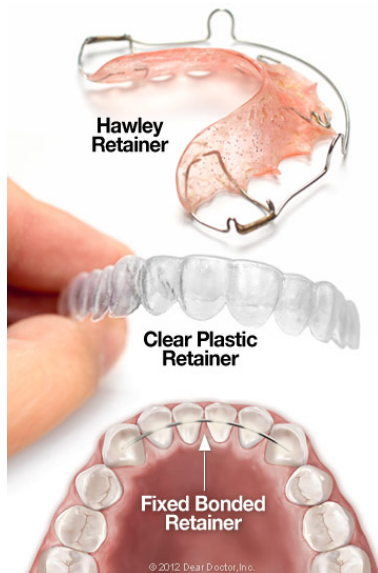
1. When not wearing your aligners, always place them in the storage cases provided. NEVER WRAP YOUR ALIGNERS IN A NAPKIN, they will be thrown away. Never place in a pocket that can be sat on.
2. Never discard your aligners. When finished with a set, clean them and place them back in their original pouch. These can be used as back-ups in case an aligner is lost or broken.
3. If you misplace or break a set of aligners, then you either go back to the previous aligner or you move forward to the next aligner. If you have been wearing the aligners less than a week, go back to the previous aligner and call the office so we can reorder the aligner that you lost. If you are past the first week of wear, go forward to the next aligner, but come into the office as soon as possible to verify that this next aligner fits. If it does not fit well, we would still need to get a replacement aligner. There will be a charge for the replacement aligner.
4. Keep your aligners away from pets. Dogs and cats love to chew on aligners.

### Future Appointments

1. Be prepared to have appointments every four to six weeks to track your progress. During these appointments, Dr. Thompson will evaluate the fit of your current aligners and provide you with additional aligners.
2. If aligners are not fitting well, a new scan will be necessary for refinement of Invisalign treatment.

### What to expect after Invisalign treatment

1. If you are happy with the results, attachments will be removed. Impressions will be taken to make a clear set of retainers similar to the Invisalign trays that you have been using. These retainer trays will be worn similar to Invisalign for 22 hours a day for 4 months.
2. Retention will then switch to night time only. At this time, there are different options.



### Please call the office if any of these things occur

1. Aligner is distorted, cutting or pinching tissue.
2. Aligner has not completely seated after a 1-week period. (When first placing a new set of trays you may notice the aligner does not seat down completely. If this is the case, start using the Aligner Chewies as soon as this is detected. Typically after a few days of wear, it will usually seat into position.)
3. If you have lost or broken your current aligner.