

Congratulations

on your decision to pursue improved oral health with the Invisalign appliance! Please read this worksheet carefully and make sure to clarify any questions you may have regarding your Invisalign treatment with our team.

The start of treatment:

1) Records (x-rays and photos) and scans will be gathered for the doctor to properly diagnose your treatment and start the process of aligner fabrication. The majority of patients have a second set of scans taken at the end of their first set of aligners in order to fabricate a second set of detailing trays. Thus, your individual treatment time is an estimate based on what the doctors surmise at your treatment conference, and is not based on the number of aligners you receive in your first set.

2) The process of scan submission, communication, and finally aligner fabrication takes 4-5 weeks. Your appointment will be scheduled for 4-5 weeks out after your initial scan. If the aligners come back sooner, we will attempt to bring you back for an earlier appointment.

3) At your first or second appointment (depending on your case), **attachments will be bonded** to your teeth as shown below, with placement varying on your specific case and movements.



Treatment Progress:

4) **The most important variable for success of your Invisalign treatment is your compliance to wear the aligners as instructed.** Aligners need to be worn **at minimum 22 hours per day**, without exception. This includes consistent wear of rubber bands, if indicated, during treatment. If you lose your aligner, please try the NEXT aligner and **call the office to let us know.** *Losing aligners may add 4-6 weeks to your treatment.* If your NEW aligner does NOT fit well, please wear the previous aligner and call the office.

5) Your aligners will be changed **every 7 days, unless otherwise notified** by the doctors. The most important indicator of your readiness to change into your next aligner is the overall fit of your aligners. *The old aligners should be fitting well and not overly tight when ready to put in the new aligners.* **When removing trays, be sure to start from the lingual side (closest to your tongue)**

Your aligners should have no visible space seen between the edge of the teeth, and the aligner itself, when you are ready to change. The aligners should always fit tight over the teeth so no space is visible at the edge of the teeth. If a gap exists, aligner chewies should be used faithfully until the aligner fits properly.

DO NOT TRANSITION TO YOUR NEXT ALIGNER UNTIL ALL GAPS BETWEEN THE TEETH AND THE ALIGNER ARE RESOLVED.



Good Fit



Poor Fit

To use the chewie, gently bite down and hold each tooth for 8-10 seconds, then release and move to the next tooth. Repeat this process 2-3 times per day for 5 minutes at a time. Hold the chewie and move it around with your hand.

*****If you have a history of TMJ, do not use the chewies, but instead use steady finger pressure to push the aligner in place instead, always making sure not to put pressure on you lower jaw if the problem is on the lower teeth.***

IPR/ Interproximal Reduction - During treatment, excess enamel may be removed in order to alleviate crowding. This process is either done with a handpiece or manually with diamond strips flossed between the teeth. This process will not hurt you or your enamel, and may be necessary in order to achieve detailed and optimal results.

Caring for your Invisalign aligners:

1) Never eat or drink anything but water with your aligners in place
2) When eating or drinking, remove your aligners and place into the case provided for safe keeping. Do not place your aligners in your pocket or napkins as this will lead to accidental damage or discarding of the aligners.

3) After eating and drinking, you MUST brush your teeth thoroughly before replacing the aligners.

4) Brush the inside of the aligners carefully after every meal. Aligners should be “crystal clear” at all times. If aligners are cloudy, this is an indication of plaque accumulation which can be extremely damaging to the teeth leading to scarring/decalcification and cavities of your teeth.

5) Brush the inside of the aligners with toothpaste and COOL water or with baking soda and water.

6) If you do not have a sulfa allergy, denture cleaner may also be used in addition to brushing the aligners to keep them extra clean. Place the aligners in cool water with a denture cleaning tablet to soak for 15 minutes. Remove the aligners when time has passed, brush and rinse out the aligners before placement back into your mouth.

Other tips:

- If you have a rough spot on your aligner, gently use an emery board to smooth out the area.
- If your aligner becomes lost, cracks, etc after one week of wear, it may be OK to move into your next aligner. However, please call our office to confirm if this is OK.

