



Getting Started: Invisalign® Treatment

CONGRATULATIONS!

Invisalign aligners are designed to straighten your teeth like conventional orthodontics, without metal braces. Invisalign treatment consists of a series of clear plastic aligners that you will wear for the course of your treatment in order to move your teeth into the desired position. The aligners are developed from the x-rays, digital scan, photographs and an evaluation of your bite. The number of aligners and the length of time are determined by the treatment plan Dr. Clark develops specifically for you.



ALIGNER WEAR

Aligners should be worn for 22 hours per day.

Remove aligners to eat, brush and floss.

Change into a new set of aligners every week.

TIP: Change aligners in the evening

INSERTION & REMOVAL

To Insert:

Insert aligners by gently pushing over the front teeth then apply pressure to molars.



To Remove:

Pull aligner from inside side of the back teeth

Repeat for opposite side

Gently pull aligner down away from teeth



NON COMPLIANCE

If you habitually veer from the treatment course given, your end result cannot be guaranteed. Examples include:

1. Continual loss of aligners
2. Continual tearing/breaking of aligners
3. Not wearing your aligners for the specified amount of time (22 hours/day for 7 days each)
4. Not showing up for your appointments
5. Repeatedly canceling appointments

Invisalign® Treatment FREQUENTLY ASKED QUESTIONS

How many hours a day do I wear my aligners?

They should be worn 22 hours a day. You should only remove them to eat, and clean your teeth. All other times of the day and night they should be worn.

Will wearing my aligners affect my speech?

Like all orthodontic treatments, the aligners may temporarily affect your speech, and you may have a slight lisp for a day or two. However, as your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by your aligners should disappear.

Are there restrictions on what I can eat?

In general, no. Unlike traditional orthodontics, you can usually eat and drink whatever you desire because you remove your aligners while eating.

Can I eat or chew gum while wearing aligners?

NO. Gum will stick to the aligners. We recommend removing your aligners for all snacks and meals.

Can I drink while wearing my aligners?

Except for cool water, we recommend that you do not drink while wearing the aligners. This is to avoid formation of cavities and stains, or warping of the aligners with hot drinks.

Do I keep all of my old aligners?

No. Make sure you keep two sets of aligners: the last aligners you previously worn and the current aligner you are wearing.

Will the treatment be painful?

Most people experience tooth soreness for a few days after starting each new stage. This is normal. It is a sign that the Invisalign aligners are working, moving your teeth to their final destination. This soreness should gradually go away a couple of days after inserting the new aligner in the series. You can take Advil or Tylenol for pain.

How do I clean my aligners?

Each time you brush your teeth, take out the aligners and thoroughly brush the inside and outside of them with cool water. It is important to keep your aligners clean because failure to do so can result in decay, gum problems, and/or bad breath. Other cleaning options are: 1 tablespoon white vinegar to 1 cup water.

What do I do if my aligner breaks, tears or is lost?

If you lose or break your aligners during the course of treatment please call our office. We will decide if you can move to the next set of aligners or if we need to reorder the set you lost. It may be necessary to have you back up to your previous aligner and wear it until a replacement aligner can be ordered. If it is determined that you cannot move to the next aligner, one will be ordered for you for a fee of \$50.

What is the purpose of attachments?

Attachments are designed to retain aligners as well as aid in the specific type of movement needed to properly align your teeth. Attachments are bonded onto the outside of your teeth, tooth-colored and no anesthetic is needed to place them. At the end of your treatment they will be removed and the teeth smoothed and polished prior to having your retainers made.

If an attachment comes off and the tray still fits, it is ok to wait until next appointment to address. If the tray doesn't fit once an attachment falls off then please call to schedule an appointment.

Midcourse Scan Info

Invisalign is very accurate in predicting tooth movement however at the end of some set of aligners a midcourse or refinement scan is needed. This allows Dr. Clark to make changes or fine detail treatment with additional aligners. When the new scan is sent, it can take a few weeks (up to 4 - 6 weeks) for them to arrive. During this time, the patient is to work through any remaining aligners from the initial set as directed. Once in the last set, the aligner can be worn only at night (10-12 hours) until the scheduled appointment where the new aligners will be delivered.

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Stay on track while you transform your smile.



- Track your next aligner change
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