



INVISALIGN

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

Treatment Progress:

- 1) ***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 faithful wear of rubber bands, if indicated, during treatment.
- 2) Your aligners will be changed on a weekly basis, unless otherwise notified by the doctors. The most important indicator of your readiness to change into your next aligner is the overall fit, or passiveness, of your aligners.

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, bite down and hold in the area where the aligner needs to fit better for 5 seconds, then release. Repeat this process for 10 minutes at a time, up to three times per day, until the gap is reduced.

*****If you have a history of TMJ issues, 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 your 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 drill, 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) If instructed, use Prevident toothpaste at night only. Brush for 2 min, spit out the expectorate in your mouth, and then put your aligners right in (do not rinse with water)
- 3) 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.
- 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 the next aligner. However, please call our office to confirm if this is OK
- Rinse new aligners prior to use
- Make sure to keep your Invisalign case clean

If you have any questions, please send an email to info@mybraceland.com