



## CONGRATULATIONS & WELCOME TO INVISALIGN

Here are some helpful instructions to look back on over the course of your treatment:

- Ensure that you are wearing the aligners, the key to successful treatment is as close to FULL TIME WEAR as possible. The teeth are not going to move unless the aligners are in. Ideally 22 hours/day will help with the most predictable movements, that is only removing the aligners when eating and drink. (Water is ok with the aligners in!)
- Please use the cases provided for when you do remove the aligners, that way we eliminate the chance of misplacing an aligner
- When changing to the next aligners, do keep at least one previous aligner in case one does get misplaced. We do not want you to go without wearing an aligner. If you are close to the change day (1-2 days out) and have the next aligner, you can switch into that one, rather than going back into the previous.
- Use the fresh cleanse nightly to help keep the aligners clean. You can either soak them or brush them with a DIFFERENT toothbrush than that you are using regularly. Please do not clean with toothpaste, as it is abrasive and can distort the aligners.
- Please remember to keep up with your own hygiene, if possible brush and floss after each meal, prior to putting the aligners back in!
- CHEWIES & MUNCHIES are going to become your best friends! Please use whichever is provided for at least 15 min/day. Ideally when you put the aligner in. If you find the chewies difficult try cutting it in half and using it like gum. As for the MUNCHIES, utilize the cut outs provided to fully seat the aligners. The edge of the front teeth should fit nicely into the cut outs on the munchies.
- Having tenderness to any of the teeth is going to be normal, we are moving the teeth so feeling some sensitivity during is going to be expected.

- All the buttons placed should last the duration of your treatment. If one comes off during the treatment, it is a quick and easy fix that can be done at your next appointment. And, if any need to be touched up it can be done at the next appointment as well.
- Spacing between teeth that you did not have before may also occur during treatment, do not worry, these are meant to be there to better your treatment, they won't be left when you go into retention.
- Retainer wear is going to be IMPARATIVE!! If you do not want all of the work you just put in to go to waste, PLEASE wear your retainers **FULL TIME** for the next 6 months. At the 6<sup>th</sup> month mark we will see you to check how everything is fitting and if nothing has moved. If all of this is still just how we wanted it to be then we will switch you to night time only wear!!

If there is any more questions or concerns that you have will anything, please feel free to contact us at any time!!

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