

## 1 Treatment Progress

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 instructed, during treatment.

## 2 Attachments

Attachments help to direct the movement of your teeth. They may feel rough or uncomfortable to you at first, but after a short period of time you will get used to them! The doctors purposely over engineer your treatment so that in the event an attachment does not stick, the treatment will still work. Don't panic if you lose an attachment, simply give us a call and we will schedule a convenient time to replace it.

## 3 Bite Changes

You may notice that your bite feels different than it used to when you take your aligners out. Your bite may feel "off" at certain times throughout treatment. This is both normal and temporary, and part of the process of getting you into a stable bite relationship.

## 4 Spacing

You may notice small gaps open between your teeth as they are moved into the proper position. This is both normal and temporary, as it allows us room to make more complex movements with your teeth.

## 5 Fit of aligners

Your aligners will be changed on a weekly basis. The most important indicator of your readiness to change into your next aligner is the overall fit of your aligners.



Good fit: no/small space between teeth and tray



Poor fit: large gap between tooth and tray

One way to achieve a better fit and improve progress is by using the rubber **Chewies** provided. Hold the chewie with your fingers and bite down in the areas that are not fully seated (as shown above.) Bite and hold in each area for 5 seconds, then release. Repeat this process for 10 minutes at a time, up to three times daily until the gap is reduced.

## Caring for your teeth and aligners during Invisalign treatment

1. You can drink water with your trays in place, but nothing else. Aligners are to be removed for all other drinking & eating.
2. FACE OR CASE! When removing your aligners for eating, drinking or brushing, please be sure to place them into the case provided for safe keeping. Do not place your aligners in your pocket or in a napkin as this will lead to accidental damage or discarding of the aligners.
3. Brush or vigorously rinse your mouth with water after every meal/snack, prior to reinserting your aligners. Placing the aligners over sugar or food coated teeth can lead to staining/decalcification and cavities.
4. Brush the aligners completely using soap and COOL water a minimum of 2-3 times per day. Please do not soak in mouthwash.
5. Plan to see your dentist for a cleaning and check-up on a four month basis while undergoing active treatment. Even with the best homecare, full time aligner wear can increase our risk to cavities and gum health issues.

## Tips and Tricks

- Keep away from all pets - dogs love to eat aligners!
- If you have a rough spot on your aligner, gently use an emery board to smooth out the area. Please do not attempt to cut.
- If your aligner becomes lost or damaged in advance of your next switch date it may be okay to move to the next aligner. Please call the office to confirm.
- Download the Invisalign app to get reminders on when to change trays and to track your progress.

