

## Congratulations On Your New Invisalign® Smile

### Instructions for use:

1. Wear your aligners 22 hours per day.
  - a. We're serious about this! The more you wear them, the better your teeth will move. When the aligners are out of your mouth, the teeth will (very quickly) move back into their old position.
  - b. It is okay to drink with aligners in. They may stain a little, but we prefer your aligners to get stained rather than you not wearing them!
2. Wear your aligners for the recommended number of days.
  - a. The first 3 aligners will be worn for 2 weeks per aligner. After that, each aligner will be worn for 1 week per aligner. There may be some special circumstances in which your doctor will alter this schedule, but they will inform you if this is necessary.
3. Use your MUNCHIE!
  - a. Be sure to chew LIGHTLY on your MUNCHIE every time you put your aligner in. This is very important! These fun toys help your aligner fit intimately around each tooth. A tight fit around the tooth will ensure that the aligner moves your teeth the way it's engineered to (i.e. "TRACKING"). If your aligners are not tight around your teeth, then they will start to move your teeth in the wrong direction. This may cause your treatment time to increase significantly.
  - b. Chew on your MUNCHIE throughout the day (for 20 minutes total) to help activate tooth movements. For example, chew on the MUNCHIE for 5 minutes, 4 separate times during the day.
4. Monitor how your teeth are TRACKING.
  - a. Keep an eye on how well your teeth are filling the aligners. Is there a lot of space between the tip of your tooth and the aligner? If yes, then call the office and let your doctor know. They will assess your case and make a recommendation accordingly.
5. Do not throw old aligners away.
  - a. Stuff happens! For example, if you just changed into a new aligner and have now accidentally misplaced it, your doctor may want you to go back into your last aligner for the time being. Of course, call the office and inform your doctor, but it will be helpful for you to have that old aligner on hand (just in case)!

6. If you notice an attachment (the tooth colored button on your tooth) has come off, please call the office. Your doctor will determine if you need to come in before your next scheduled appointment for replacement of that attachment.
7. Cleaning your aligners:
  - a. Use the Invisalign® brand cleaning crystals. These were included in your kit. If you wish to order more, you can buy them directly from the Invisalign website.
  - b. Use warm soapy water with a very soft toothbrush. Do not use HOT water as this may melt the aligners. A little soap will go a long way – you don't want them to taste soapy afterward. Also, we suggest you use a different toothbrush (not the one you normally use to brush your teeth) to clean the aligner. This will help avoid a soapy taste while brushing your teeth.
  - c. You can also use a very soft toothbrush with a tiny bit of toothpaste. Be sure not to use any whitening toothpaste or a toothpaste with particles/grit. These are abrasive and may hurt your aligners.
8. Stay away from NSAIDs if possible.
  - a. NSAIDs have anti-inflammatory properties. Moving teeth through bone requires inflammation within the bone. If you take NSAIDs throughout treatment, the teeth may have a harder time moving as we have planned. When you are in need of pain management, we recommend Tylenol rather than Ibuprofen (Advil) or Naproxen (Aleve).

## Frequently Asked Questions

### **Can I eat or drink while wearing my aligners?**

- You can drink with your aligners in! They may get a little stained, depending on what you're drinking. You may ask: why is my doctor okay with this? Well, for example, if you need morning coffee and it takes you an hour to drink that coffee, we certainly do not want your aligners out for that long. Thus, we prefer you to drink fluids while your aligner is in your mouth.
- As for EATING... if we are correcting a CROSSBITE on you, then we recommend you eat with your aligners in. If you do not have a crossbite to correct, then you CAN take them out to eat. (Your doctor will tell you if you have a crossbite we need to correct.)

### **I lost my aligner! What do I do now?**

- Call the office. Your doctor will assess your case and advise you accordingly.

**I lost an attachment! What do I do now?**

- Call the office. Your doctor will assess your case and decide if you need to come in before your next scheduled appointment to replace that attachment.

**I broke or lost my MUNCHIE. Can I get another?**

- Munchies are available on Amazon Prime and can be at your house in around 2 days. In the meantime, just ensure your aligners are fully inserted each time you put them in.

**I see space between my aligner and my tooth, is that okay?**

- If you notice some space beginning to develop, make sure to work that area by using your MUNCHIE directly on that tooth!
- If there is more space developing between your tooth and the aligner, please call and inform your doctor. Your doctor will evaluate if you need to be seen before your next scheduled appointment.

**The edge of my aligner is sharp to my lip/tongue! What do I do now?**

- You can lightly buff the edge of the aligner with a fresh nail file. If the sharp edge is not resolved with minor buffing of the nail file, please call the office. One of our assistants can help evaluate the aligner and address as needed.

**The first day in my new aligner is uncomfortable. Is there anything I can do to make them feel better on day one?**

- You can try putting in your new aligner at night. This will allow you to sleep through the initial soreness. This works for many patients, but if this does not work for you, then try taking some Tylenol.
- Please remember that taking Ibuprofen (Advil) or Naproxen (Aleve) may hinder tooth movements.

**I'm halfway through my treatment and my bite feels so weird! I'm afraid that I won't be able to chew at the end!**

- Okay, so this one isn't a question, but it may cross your mind. We don't want you to worry that your bite feels weird during treatment. Your teeth are traveling to their new home. During treatment your bite is not reflective of the final tooth position. When you are done with your aligners, your doctor will assess your bite and make sure it is healthy for the teeth. They will also ask you how things feel. If things still feel "not quite right", please tell them! Sometimes this is a quick fix that does not require more aligners. On the other hand, sometimes there is a need for an additional series of aligners (i.e. "refinement"). Why would this be??? Maybe the teeth didn't move the way we wanted them to....maybe there were difficult tooth movements....maybe you were not able to

wear your aligners for 22 hours per day. All in all, your doctor will make sure your bite and smile are healthy and comfortable at the end.

### **What do I do once I'm done with all of the aligners?**

- Your doctor will see you for an appointment at which they will assess your smile for the finishing of your Invisalign® treatment. If the teeth have moved properly, then your doctor will take off all of your attachments and take a scan for your retainers. In the meantime, you will continue to wear your last aligners 22 hours per day!! This is imperative! You cannot stop wearing those aligners just because the attachments are gone. These last aligners will keep your teeth in place until we can get your final retainers made.
- When you get your Vivera Retainers, you will wear them FULL-TIME (22 hours per day) for at least 8 more weeks. After 8 weeks, you will wear them only at night. Also, we recommend switching out to a new Vivera every year. Remember, they're plastic, and plastic can stretch/deform over time. If you switch out your Viveras each year, they won't have a chance to get stretched out.

### **What do I need to bring to each appointment?**

- Come in wearing your CURRENT aligner
- All of your aligners: PAST and FUTURE
  - If you cannot bring in all past/future aligners, please bring in the 2 most recent PAST aligners, and the 2 next FUTURE aligners
- Your MUNCHIE
- Your beautiful and changing smile!