



## Invisalign Patient Information

Congratulations on the commencement of your orthodontic treatment with Invisalign®. In order to obtain our treatment objectives as seamlessly as possible, it is essential that your aligners are worn all the time except when you eat or brush your teeth. Again, clear aligner therapy is one hundred percent compliance dependent and it is imperative that the aligners are worn 22 hours per day.

The best way to clean your aligners is with a tooth brush and water. If you brush your aligners with a tooth brush and water each time that you take your aligners out of your mouth to brush your teeth, they will remain nice and clean. Just like your teeth, plaque will begin to accumulate on your aligners over time should you fail to consistently clean your aligners. Other suitable cleaning agents include lava soap, denture cleanser, diluted bleach, and diluted alcohol. In no instance should you ever try to boil your aligners. The hot water will melt the plastic rendering it useless.

Your first aligner will not have the attachments that were discussed during your initial consultation. You might think of your first aligner as training wheels for your treatment. It is not that there is no movement programmed into the first aligner, it is just that the movement has limitations since certain force vectors necessary to obtain the desired tooth movement cannot be obtained without the attachments. One of the main objectives with the first aligner is to add your aligners into your daily routine. It is quite common for people to shy away from light snacking due to the inconvenience of removing your aligners to enjoy the snack. You will discover your own routines while wearing your initial aligner.

In most instances you will receive your first and second aligner at your first visit. Also in most instances, we request that patients wear each aligner for seventeen days before moving on to the next aligner. You are to always switch to your new aligner prior to sleeping on the date indicated on the bag. This ensures that you get at least eight hours of continuous wear before the aligner is removed. The aligner plastic loses its elasticity over time and wearing the aligner for a longer period of time before it is removed maximizes the orthodontic effect of the aligner. As treatment progresses you will be given as many as four aligners per visit. The dates at which you should change to the next aligner will be indicated on each bag and you should continue changing to your new aligner prior to sleeping.

Teeth move in response to pressure and tension. The mouth is unable to discern one force from another and thus moving teeth with Invisalign elicits the same sensation that moving teeth with a retainer or braces elicits. You will begin to feel a dull ache amongst your teeth 1-2 hours after you begin wearing each aligner. This sensation will usually be the worst the following morning or evening after moving on to a new aligner.



Everybody's reaction to the pressure varies and you may feel as though you are limited to softer foods the first few days after you begin wearing a new aligner.

During the second visit after receiving your aligners, you will have your attachments placed. As a reminder, these are fabricated from the same material that is used for esthetic tooth fillings. These are used to allow us to obtain more favorable force systems which enhance tooth movement. This appointment is usually your longest appointment depending on how many attachments are required in your case. After this appointment you will continue wearing the second aligner until the prescribed date for the third aligner. This staging ensures the smoothest transition as the attachments sometimes have a drastic effect on the ease of placement and removal of the aligners. If for any reason an attachment ever comes off of a tooth please call the office. We will instruct you whether it is necessary to replace it immediately or if it can wait until your next scheduled appointment.



If your treatment plan includes interproximal reduction (polishing or filing between your teeth), this will occur over the course of treatment. In some instances this may occur as early as the first appointment. The timing varies tremendously and is dependent on the specifics of the tooth movement required in your case.

During your first appointment we will deliver to you a rubber "chewie." We ask that you clench on this with the aligners in your mouth for 10 seconds 10 consecutive times at three separate occasions during the day. This helps to seat the teeth within the aligner and maximizes the activation of each tray.

One of the most common questions asked is whether it is permissible to eat or drink with your aligners in place. The safe answer is that you cannot eat and can only drink water while your aligners are in place. That being said, many patients will experiment and eat in limited quantities as they are close to progressing on to the next tray. In most instances this will have no effect on your treatment, although generally speaking, it is better to refrain from eating with your aligner in place.

We are very excited to be a part of your orthodontic care. If at any time you have any questions or concerns please feel free to contact our office. I always encourage patients to ask questions as patient education and involvement are critical components of modern health care.



Happy straightening!!!!

Dr. Sage Humphries and Staff

