

# YOUR INVISALIGN TREATMENT GUIDE

## *After today*

Records (x-rays, photos and scans) are gathered for the doctors to assess, plan your tooth movement, and start the process of aligner fabrication

Aligner fabrication takes 6 weeks. If the aligners come back sooner, we will reach out to you to see if you would like to come in sooner

## *At your next visit*

**Attachments** (tooth-colored buttons) will be bonded to your teeth. Every patient has a unique pattern of attachments with placement varying based on your specific movements needed; these are essential and provide leverage for the aligners to successfully move your teeth

**Enamel polishing** (Interproximal reduction) will be carried out throughout your Invisalign journey to aid in straightening the teeth and ensuring the teeth remain in the healthiest position within the bone. This process will not hurt you or your teeth, and does not cause any increase in sensitivity or likelihood of developing cavities.



## *Treatment Progress*

The most important variable for success of your Invisalign treatment is your compliance to wear the aligners as instructed.

- Aligners must be worn a **minimum of 22 hours per day**. This includes faithful wear of rubber bands, if indicated.

**Virtual appointments:** In respect of your busy schedule, we may check in on you virtually! Please open your My Orthodontist app and select "Take Photos" from the menu. The app will lead you through submission of your pictures. The doctors will review them and respond back to you via email with any treatment updates! Please make sure to **have your trays in your mouth** when you snap your pics!

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 between the edge of the teeth and the aligner itself. If a gap exists, try to increase your hours of daily wear and use aligner chewies to improve the fit.

To use a 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, at least 3 times per day.



## *Caring for your new aligners*

Remove your trays to eat or drink anything except water - If the food or liquid contains acid or sugar, prolonged exposure can damage the teeth, leading to staining, decalcifications, or decay

Always put your trays into the provided case for safe keeping. Do NOT place your aligners in your pocket or napkins, as this will lead to accidental damage or loss

It is a good idea to always keep your previous set of aligners in the unfortunate case of damage or loss of a current aligner

Brush the inside of your aligners at least 2x/day with toothpaste and cool water

If you have a rough spot on your aligners, gently use a nail file to smooth out the area

If your aligner becomes lost, cracks, etc it may be OK to move on to your next aligner. However, please call us so that we can assist you in managing the situation.