



# invisalign®

## What to Expect

By applying gentle, controlled forces, Invisalign can move your teeth more comfortably than braces. However, it is normal to feel some pressure or discomfort when wearing a new set of Invisalign aligners (aka "trays"). Wearing the aligners consistently not only helps ensure fast and better results, but also minimizes the amount of soreness.

**Wearing the aligners:** In order for teeth to move properly, they must have forces on them all day and night. It is therefore essential that you wear your aligners all day and all night, except for when you are eating or brushing your teeth. We recommend an average of 22 hours per day. Each aligner also needs to be worn a certain number of total hours before moving on to the next aligner. Normally each aligner is worn for seven days (at 22 hours per day), but your doctor may recommend different amounts of time depending on your specific needs. If you know you have not worn an aligner for the full amount of time, you should wear it for additional days to make up for the time the aligner was not worn.

**Cleaning tips:** The best time to clean your aligners is when you take them out to brush your teeth. We recommend using a toothbrush with soap and water. Do not use hot water as it can warp the plastic.

**Storage recommendations:** We recommend that you store your aligners in the provided case anytime you take them out of your mouth to prevent them from being lost, damaged or thrown away. Also, be sure to keep your aligners away from dogs as they love to chew on them.

**Eating and brushing your teeth:** Besides water, we do not recommend eating or drinking anything while wearing your aligners. Whenever possible, you should brush your teeth and clean your aligners after eating or drinking. If you do not have access to a toothbrush after eating a meal, we recommend that you rinse your mouth with water, put the aligners back in, and as soon as you have access to a toothbrush, remove the aligners to clean them and brush your teeth. At the very least you should clean your aligners and brush your teeth twice every day.

**Are my Invisalign Aligners recyclable?** Unfortunately, you can't recycle medical products.

**Do I need to save all my aligners?** You should make sure to save all of your unused aligners and the most recently worn set of aligners. The older aligners can be thrown away. For instance, if you are currently wearing set #5, you should keep #4 along with all the remaining aligners that you haven't worn yet. Bring all these aligners with you to every appointment.

**What if an attachment or a hook from my elastic falls off?** A broken attachment or elastic hook is not an emergency. If your next appointment is within two weeks, we will replace the attachment or hook at that appointment. Otherwise, please call our office to schedule an appointment to replace the missing attachment or hook. CONTINUE TO WEAR YOUR TRAYS AS NORMAL. If an elastic hook is off and is keeping you from wearing your elastics, discontinue all elastic wear until your appointment.

**What if I lose an aligner or it gets damaged?** If you have been wearing all your other aligners exactly as directed, they have all been fitting well, and you have not lost or damaged an aligner before now, you can skip ahead to the next aligner. Make sure this new aligner is fitting properly and wear it for the time remaining on your lost or damaged aligner plus the amount of time allotted for the new aligner. If you haven't been wearing your aligners as directed or if the next aligner does not fit properly, please call our office. We may have to order a new tray or schedule a rescan. You may be charged if a new aligner has to be reordered.

**How do I take my aligners out?** We recommend removing the aligners starting on one side, from the tongue side of the back molars and moving forward. Every mouth is different, and as you get used to removing your aligners you may find that a different method works better for you.

**What do I do if I run out of aligners before my next appointment?** Continue to wear the last aligner until your next appointment. If you realize ahead of time that you are going to be in the last aligner for longer than the recommended time, you can wear each of the remaining aligners longer so that you are not in a single aligner for an excessive amount of time. Aligners can last for months if properly cared for.