

Invisalign

Wearing aligners: Aligners should be worn **at least 22 hours per day**. They should be placed gently on the teeth and snapped on. You will notice at first that the aligners fit tightly and during wear you will feel pressure on your teeth. This is normal and is a sign that treatment is working and your teeth are moving.

When you first begin wearing the aligner, you may notice a slight lisp. This is to be expected. As your tongue adjusts to having aligners in your mouth, the lisp will go away. This may take up to one week. Everyone reacts differently to aligners at first. Some people may experience excess saliva and will need to swallow more frequently. Others may experience “dry mouth” at the start of treatment and will need to drink plenty of water.

Hot liquids and high sugar content drinks should be avoided while wearing aligners. The aligners help keep sugar & food next to the teeth, so it is important to rinse them out after every meal and non-water beverage. If any part of the aligner is rough, you can use an emery board or nail file to smooth the edges.



Attachments/Buttons: Attachments are small, tooth colored dots made of dental bonding. They are placed in certain locations on the teeth to provide extra grip for the aligners. The attachment creates the anchor point that is needed to help apply the force of the aligner. Buttons are small brackets that serve as an anchor so the orthodontist can introduce rubber bands to the treatment plan.

Chewies: An Aligner Chewie is a small cylinder made of a soft spongy plastic-like material called Styrene Copolymer. It looks like a small roll of gauze or cotton. You use Aligner Chewies to help close any air gaps between your teeth and your Invisalign aligners. Typically when you get a new set of aligner trays, they may not fit tightly against your teeth at first. Biting on the Chewie helps your trays to fit tighter on your teeth, which helps your treatment progress faster. We recommend that you use them 10 minutes every morning and 10 minutes every evening.

Cleaning aligners: Aligners should be cleaned gently with a toothbrush and cool water whenever removed.

Changing aligners: You will wear each set of aligners for 1 week. Before moving onto the next aligner, most of the tightness should have subsided. Keep the old set in case the current set is lost. Contact us immediately if a set of trays is ever lost.

Storing aligners: Aligners should always be kept either in the mouth or in the case. Avoid boiling water and bleach. Be sure to keep aligners away from pets because they love to use them as their new chewing toy!

Please feel free to call us with any questions you may have!

NEVER FALL OFF TRACK

- ❖ **When placing the new aligners, massage them into place with chewies**
- ❖ **Wear them 22 hours per day**
- ❖ **Within 2 days, they should fit like a glove, no wobbling, no space under aligner**
 - **If not, call the office to be seen as soon as possible**
- ❖ **NEVER arrive at the office with NO aligners, or aligners that do not fit**