

Home Care Instructions for Your Invisalign

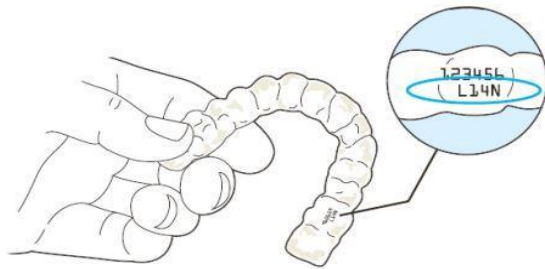
Always Remember To...

- Wear your aligners 20-22hours per day
- Wash your hands thoroughly with soap and water before handling your aligners
- Handle only ONE aligner at a time
- Rinse your aligners when removing them from the packaging

Aligner Insertion

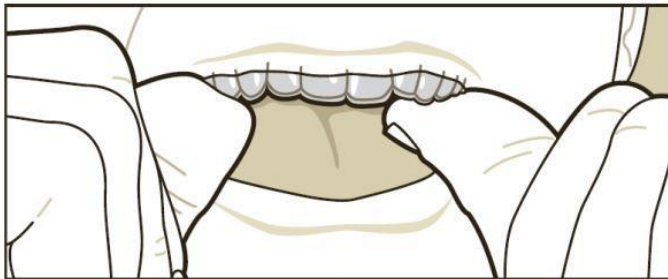
1. Make sure you have the proper aligner; the upper for your top teeth and the lower for your bottom teeth.
2. To help avoid any confusion, each aligner is engraved with your unique case number; U for upper and L for lower, followed by numbers. (Look Image 1)

Image 1



3. You may insert either the upper or lower aligner first. When inserting each aligner, gently push the aligners over your front teeth. Then apply equal pressure, using your fingertips, to the tops of your left and right molar (back teeth) until the aligner snaps into place. (Look image 2)
4. DO NOT bite your aligners into position since this can damage them. If you experience sharp pain or significant discomfort, discontinue the use of the aligners and call the office.

Image 2



Aligner Removal

1. On one side of your mouth, use your fingertip on the inside of your molar to slowly pull the aligner. (Look image 3)
2. Repeat this process on the other side of your mouth before trying to completely remove the aligner.
3. Once aligner is disengaged from the molars on both side of your mouth, you should be able to slowly move the aligner from your teeth with your fingertips. (Look image 4)

Image 3

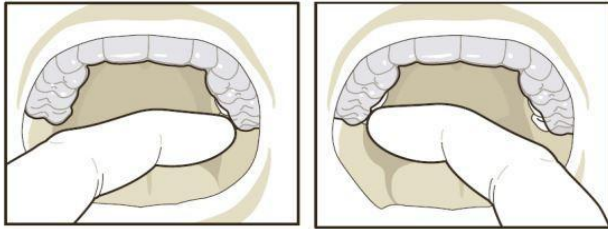
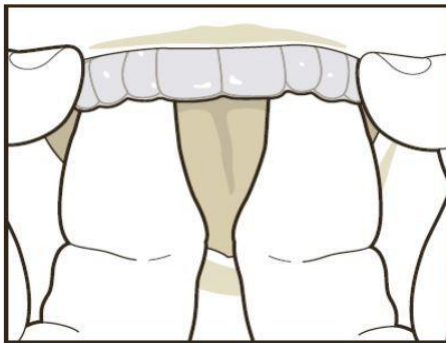


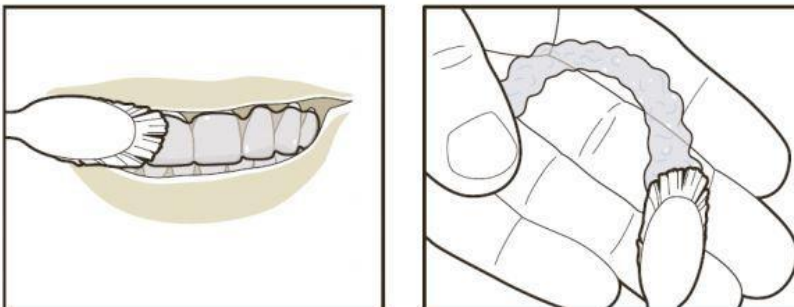
Image 4



Daily Care and Maintenance

1. Make sure to clean your aligners prior to each insertion. Use a soft bristle toothbrush with water and small amount of toothpaste. You may find it easier to clean the outside of your aligners by brushing them while they are still on your teeth, then remove your aligners to clean the inside surfaces. (Look image 5)
2. Be sure to rinse each aligner thoroughly with water after each cleaning. Make sure you also use the Invisalign aligner cleaning products once a week, or as needed.
3. DO NOT use denture cleaners. DO NOT soak the aligners in mouthwash. These products can damage the surface of the aligner, causing it to become dull and more visible.

Image 5



Proper

Oral Hygiene

4. Remove your aligners for eating and

drinking (No need to remove the aligners when drinking cool water).

5. Brush and floss your teeth after each meal and/or snack prior to re-inserting your aligners. If you don't have access to your cleaning system or a toothbrush, you can simply rinse your mouth and then clean your aligners by holding them under running water (make sure the water is not too hot). Since this is just a temporary fix, make sure to thoroughly clean your aligners as soon as possible.
6. Regular dental checkups and cleaning are highly recommended for the continued health of your teeth and gums.
7. If you have any questions regarding hygiene techniques, please call the office.

Storing your Aligners

- Immediately rinse aligner with water, shake off excess water, and store your aligners in the protective case provided with your starter kit
- Always keep the most recently used aligners in the case
- Make sure to keep all your old aligners in its original plastic bag
- Keep them out of reach of small children and pets

Note

- To help prevent damage to aligners, avoid unnecessary removal
- Be gentle and careful when removing your aligners, especially if multiple attachments are being used
- DO NOT use excessive force to bend or twist the aligners to get it off
- DO NOT use any sharp object to remove the aligners; Make sure to call the office if you are having extreme difficulty removing them

Frequently Asked Questions and Answers

Q: Will the treatment be painful?

A: Most people experience some soreness for a few days after starting each new stage. This is normal, it is a sign that the Invisalign aligners are working, moving your teeth to their final position. The soreness should gradually go away a couple of days after inserting the new aligner. If it doesn't, promptly call the office.

Q: Will wearing the Invisalign aligners affect my speech?

A: Like all orthodontic treatment, the aligners may temporarily affect your speech, and you may have a slight lisp for a day or two. However, as your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by your aligners should disappear.

Q: What should I do if my new Invisalign aligners don't snap onto my teeth?

A: Minor discrepancies between the new aligner and the current tooth position are normal, since the teeth need some time to conform to the new aligner position.

Q: Are there any restrictions on what I can eat?

A: In general, no. Unlike traditional orthodontics, you can usually eat and drink whatever you desire because you remove your aligners while eating.

Q: Is it okay to drink hot or cold beverages while wearing Invisalign aligners?

A: Except for cool water, we recommend that you do not drink while wearing the aligners. This is to avoid formation of cavities and stains, or warping of the aligners with hot drinks and hot water.