

NOVA DENTAL CARE

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You got Invisalign - Now what?

HYGIENE

YES! You still need to brush your teeth after every meal or snack.

You need to clean the trays each time, with just the toothbrush, no toothpaste or mouthwash.

FLOSSING is still important to do every night, with either traditional floss or a water pick.

Keeping your cleaning schedule the same as before is very important - this helps to ensure that your teeth are staying healthy

IMPORTANT

Keep the trays given to you for the entire time you are going through orthodontics. Keeping that last few trays is also important.

Keep them in a container when not using them.

THE DON'TS OF INVISALIGN

Limit the amount of sugar and starch, these types of foods may turn into damaging acid that can create white spots or tooth decay.

Avoid drinking heavily sweet drinks while wearing the trays to avoid discoloring.

FIRST 24 HOURS WITH NEW TRAYS

The first 24 hours are going to be uncomfortable and a little sore. During this time soft foods and drinks are very important.

The braces can cause a bit of irritation on the inside of the cheek and the lips, using a small amount of wax can alleviate this sensitivity.

The trays are changed out every 2 weeks, you can wear them longer but not a shorter amount of time. The Doctor will usually give you 2-3 trays at a time. After this appointment you can expect to feel some sensitivity and discomfort.

WHAT IF THIS HAPPENS

If you break or lose a tray?

Save the Bracket and call the office for an appointment.

If there is pain on the tooth or jaw?

Advil and Motrin to alleviate pain.

If your teeth begin to become sensitive?

Advil and Motrin to alleviate pain and call the office to schedule an appointment.

If ever in doubt, call us and we can answer your questions or schedule you for an appointment to be seen by the doctor. Carry wax with you for any accidents that can happen.