

## INVISALIGN INSTRUCTIONS

*Your aligners have arrived! It's time for your treatment to begin!*

### INVISALIGN GLOSSARY

**Aligners** – The aligner is a clear, plastic retainer that will slowly straighten your teeth. You will advance to the next aligner after 2 weeks of wear. Do not rush and try to advance your aligners. Your progress will be evaluated at each appointment. The doctor will let you know if you are able to move through them quicker.

**Attachment (Chad)** – Clear bonding glued to the necessary teeth as part of your personal treatment plan. The attachment will act like a “handle” to help the tooth be positioned as desired.

**Chewie** – A small, rubber-like cylinder that can be used to seat the aligner completely on the teeth. We suggest to use your chewie the day you advance to a new aligner.

**Retainer Retriever** – A small, plastic hook that can be used to remove an aligner from the teeth.

**Aligner Cases** – You are given a red and a blue case to store your aligner. Use the blue case to store your current aligners when you need to remove them for eating and drinking. Use the red case to store the aligner that you have just finished wearing. It is important to always keep the previous aligner. Example: If you are wearing aligner #8, it would be in the blue case and #7 would be in the red case.

### INVISALIGN CARE

1. Always be sure you are opening the correct aligners. The aligner number is located on the actual aligner and on the bag. The upper arch will have the letter U next to the number and the lower arch will have an L next to the number.
2. Place the lower aligner on the correct teeth and press the aligner down until it firmly snaps onto the teeth. Then press on the upper aligner in the same manner.
3. Be sure that your teeth are clean when wearing the aligners. If you eat and are unable to brush after eating, just rinse your mouth with water and be sure to brush as soon as possible. Residue left on the teeth will stain the aligners.
4. At bedtime, after brushing your teeth and aligners, please put the Prevident fluoride gel in your aligners placing a small dot of the gel in each tooth spot. Do not rinse. Leave the gel in the aligners until morning.

### IMPORTANT TO KEEP IN MIND

You may get sore from your aligners. Take ibuprofen as needed for any pain.

If an aligner is rubbing your lips or gums, you may use a nail file or very fine sandpaper to smooth any rough spots. This will not hurt the aligner in any way.

When advancing to a new aligner, if the aligner does not seat all the way down on the teeth properly, do not advance to that aligner for a few more days. After giving it some extra time, if you find that the aligner is still not seating properly, then do not advance aligners and call the office for an appointment. **CONTINUE WEARING THE LAST ALIGNER THAT FITS PROPERLY!** Don't forget to bring your aligners with you to your appointment.

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