



Invisalign Treatment

First Set of Aligners

At your first appointment, we will take a digital scan of your teeth. This scan creates a 3D model of your teeth. From here, the doctors use that scan to create an individualized prescription. Each aligner will have its own prescription. Invisalign will use that prescription, along with the records we have taken, to create your aligners.

Subsequent Sets of Aligners

After you finish your first box of aligners, more than likely we will take another scan for additional aligners. These are called “Refinement Aligners” and they are best for fine tuning and detailing after we have achieved the initial movements. Some movements will require multiple refinement scans and aligners. There may be a fee associated with additional aligners due to excessive missed appointments, non-compliance with aligner wear, and/or replacement aligners.

Attachments

Tooth colored attachments (made of composite material) and/or buttons will be bonded to your teeth to aid in specific movements. The attachments will be placed on your teeth in the beginning of treatment and removed at the end when treatment is complete. If an attachment comes off, promptly contact our office.

Elastics

Elastics, also called rubber bands, help with bite correction. If you are instructed to wear elastics, there will be a small cutout in your aligners where you will attach the elastic. We will teach you how to wear them and let you know how many hours per day they need to be worn.

Smoothing

Smoothing is a common practice in orthodontics. Smoothing is utilized when there is a lot of crowding and we need space to move teeth into their correct position. We will use a skinny instrument that has a sandpaper like texture and floss it between your teeth. Smoothing does not damage your teeth or cause tooth sensitivity. Remember, we are in the business of creating beautiful, *healthy* smiles.

Instructions

- Aligners must be worn 22-24 hours a day. Aligners should be removed only to eat, brush, floss, and while drinking liquids that are high in color and/or sugar. It is also a good idea to remove them if you will be drinking anything excessively hot, like coffee.
- When inserting the aligners, gently slip them over the front teeth. Then, apply equal pressure on both sides of the aligner, sliding your fingers to the back of your mouth until the aligner snaps into place.
- When removing the aligners, place your fingers simultaneously on both sides of the tray and push down or lift the back portion off the teeth. Next, move your fingers to the front portion and remove the aligner completely.
- Brush your teeth after each meal and prior to reinserting aligners.
- Clean aligners prior to each insertion. You may use a toothbrush and toothpaste, or warm, soapy water.
- Do not soak aligners in mouthwash. They will take on the color of the mouthwash. For a deeper clean, after illness for example, you may soak the aligners in a denture cleaner.
- Each aligner is marked with a “U” for upper, and an “L” for lower, followed by the number of the aligner.
- Always store aligners in their case and avoid extreme temperatures.
- Please save ALL aligners in a safe place, such as a shoebox, until your treatment is complete.
- When you come in for an appointment, please bring your current set of aligners as well as the previous set.
- Aligners are designed to sequentially move teeth. It is very important to wear each aligner in sequence and for a minimum of two weeks, or as directed by our office. To help you track your progress, we suggest the TrayMinder app, which helps patients remember to wear their trays so that they can achieve their best possible smile. Find it in your app store or at TrayMinder.com
- When progressing to a new set of aligners:
 - There may be some soreness with a dull achy sensation. This is normal. For any discomfort, take something normally taken for a headache. The soreness should not extend beyond three to four days.
 - You may notice a small space between the aligner and a tooth. This will decrease as the tooth moves into place. If an aligner does not fit properly, promptly contact our office.
 - If at the end of the two week period your current set of aligners are still tight, (difficult to put into place and remove) continue to wear the current set of aligners for an additional week before progressing to the next set. If the situation continues, please contact our office.