

— DR. WAX —
ORTHODONTICS

Invisalign 101

Instructions and Caring For Your Invisalign

- Your results are heavily dependent on compliance and following instructions. The most important thing for Invisalign to work for you, is to wear your aligners 22 hours daily.
- If you are not getting 22 hours of aligner wear daily, we recommend changing your aligners every 2 weeks versus weekly.
- If you are unsuccessful in wearing your aligners the required 22 hours daily, it may be recommended you switch to braces to achieve desired outcome. Additional fees do apply when switching from Invisalign to braces.
- There should never be a time you go without wearing your aligners. If something occurs that results in you not having aligners to wear, please contact us immediately.
- Remove aligners only when brushing, eating or drinking anything other than water. Store your aligners in a case when not in your mouth to avoid breakage or misplacement.
- If you lose or break an aligner, move to your next scheduled aligner and wear that aligner for the remainder of that week and then for one more additional week. If you do not have a new aligner to go into, wear your previous aligner and contact us.
- If your aligners are not fitting properly around each tooth after 1 week, wear the same aligners for an additional week. If they are still not fitting properly, do not proceed to the next aligners and call our office.
- Clean aligners with a toothbrush, but do not use toothpaste or mouthwash. Toothpaste can cause scratching and mouthwash can cause staining. We recommend soap & water to clean your aligners or denture solution. Be sure to clean the inside & outside of your aligners.
- Keep your aligners out of reach of pets. They will eat your aligners.
- Your tooth colored attachments may come off from time to time. Please call our office if an attachment comes off.
- Your tongue may take time to adjust to the aligners which may result in a slight lisp. This should subside within a few days.
- Your normal pain reliever can be taken as needed for any dental discomfort if necessary.

Continued on back...

Instructions and Caring For Your Invisalign Cont.

- You may choose to switch to your new aligners at night to minimize discomfort.
- If the edges of your aligners irritate your gums, you can smooth the edges with a file. If there is still an edge causing irritation to the gums, please contact us.
- Your bite will be changing as your teeth move, so do not be alarmed if your bite feels different.
- Please bring up any abnormal bite feelings at your regular scheduled appointment.
- Keep all of your old aligners in a safe place at home. Do not throw away your old aligners until instructed to do so.
- Wear your aligners to your appointments and bring all past and future aligners with you to each of your appointments.
- It is common to have multiple scans done throughout your treatment. You will be in your last aligners for 3-8 weeks while new aligners are being made. This is part of your estimated treatment time and there is no extra cost to you. This will not delay treatment.
- There is a proper way to remove and insert your aligners. This will be reviewed at your appointment. If you have any questions, please ask.

Elastics

If you are instructed to wear elastics during your treatment please review the following critical information.

- Elastics are special rubber bands that are used with your braces to improve your bite. They are worn 22 hours daily.
- They help ensure proper movement & alignment of your teeth.
- Remove your elastics only to brush your teeth and to eat. Replace elastics with new elastics when done brushing or eating.
- There should never be a time you go without wearing elastics if you have been instructed to wear elastics. Please contact us immediately if there is something preventing you from wearing your elastics.

Please maintain your regular dental appointments and cleanings with your dentist during your orthodontic treatment.



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