

Invisalign™

Invisalign™ uses the latest 3-D computer technology to create your customized aligners. You wear each aligner for about 2 weeks and then change to the next aligners. You will receive 2-4 aligners at each visit and be scheduled to return in 4-8 weeks. Most patients need between 12-48 aligners and many patients require an additional 2-10 aligners or, in some cases, braces to achieve an ideal result. Either a glued-in retainer or a removable retainer will be necessary to maintain your result following treatment.

To Insert

- Make sure you have the proper aligner – the upper aligner has a “U” and the lower aligner has an “L”.
- Line up the aligner with your teeth and gently push it over your teeth using your fingers (do not bite the aligner in place – this may break it).

To Remove

- Use your fingers and apply downward pressure near the last molar.
- Rinse your aligner and place in the case provided (dogs love to chew aligners).

Care Instructions:

- Wear your aligners 20-22 hours per day. If you miss more than 4 hrs/day, add 1 extra day before advancing to the next aligner.
- Squeeze teeth together to "fully seat the aligner" once you have inserted it with your fingers.
- You should remove the aligners to eat and ideally brush your teeth prior to replacing them.
- Clean your aligner with soap and water or soak in a denture cleaner. To keep aligner clear, soak for 10 minutes in a mixture of 4 drops of Clorox and 8oz. of water. You may gently use a toothbrush to clean the aligner. Do not use boiling water or other extreme cleansers.
- When it is time to switch to the next aligner, **always keep all previous sets of aligners in a safe place.** Occasionally, Drs. Stoutland or Hayes will ask you to go back one or more stages if not all the desired tooth movement has occurred.
- Some people have tender teeth for a couple days after a new aligner stage. Take Tylenol or Advil as needed.
- Do not chew gum with the aligners as it will stick to them.
- Do not smoke or drink dark or hot beverages (ie coffee, tea, or juices) with the aligners as it will discolor them

Problems

- Lost/Broken Aligners – Call the office so we may order a new aligner(s) for you. It takes about one week to replace them and there will be a replacement charge. Wear the previous aligner until you receive the new one.
- Broken Attachment – The “bumps” glued to your teeth may break off. This is not an emergency, but please call the office so we may be prepared to replace them at your next office visit.
- Aligner does not snap into place – Try to firmly push the aligner into place. If not successful after one day, call the office.
- You should consult with Drs. Stoutland or Hayes prior to having any restorative dentistry (crowns/fillings/bondings/extractions) since this may affect the fit of the aligners.
- If full correction is not achieved, you may require new impressions for new aligners or braces.