

**Congratulations** on your decision to pursue improved oral health with the Invisalign appliance! Please read this worksheet carefully and make sure to clarify any questions you may have regarding your Invisalign treatment with our team.

### The Start Of Treatment:

- 1) Records (x-rays and photos) and impressions will be gathered for Drs. Moshiri to properly diagnose your treatment and start the process of aligner fabrication. *This will be your first set of impression/molds.* The majority of patients have a second set of impressions taken at the end of their first set of aligners in order to fabricate a second set of detailing trays. Thus, your individual treatment time is an estimate based on what Drs. Moshiri surmise at your treatment conference, and is not based on the number of aligners you receive in your first set.
- 2) The process of impression submission, communication, and finally aligner fabrication takes 6-8 weeks. Your appointment will be scheduled for 8 weeks out after your initial impression. If the aligners come back sooner, we will attempt to reschedule you for an earlier appointment, if possible.
- 3) Your first two aligners are “training aligners”, meaning that no attachments are bonded, so that you may remove the aligners with ease. Teeth will be sore, however, indicating the tray’s effectiveness as teeth are beginning to move. Attachments are specific shapes of composite that are bonded to your teeth in order to add surface area for your aligners to push effectively, and for retention so your trays snap in. At your second appointment (your 3<sup>rd</sup> aligners), attachments will be bonded to your teeth as shown below, with placement varying on your specific case and movements. Clear or metal button may also be bonded to be used during rubber band wear.



### Treatment Progress:

- 1) **The most important variable for success of your Invisalign treatment is your compliance to wear the aligners as instructed.**

Aligners need to be worn at minimum of 22 hours per day, **without exception**. This includes faithful wear of rubber bands, **if indicated for your case**, during your Invisalign treatment.

Additionally, your aligners should have no visible space seen between the edge of the teeth, and the aligner itself. The aligners should always fit tight over the teeth so no space is visible at the edge of the teeth. If a gap exists, aligner “chewies” should be used faithfully until the aligner fits properly.

To use the “chewies”, bite down and hold in the area where the aligner needs to fit better for 5 seconds, then release. Repeat this process for 10 minutes at a time, up to 3 times per day, until the gap is reduced. If you have a history of TMJ, **do not use** the “chewies”, but instead use steady firm pressure to push the aligner in place, instead always making sure not to put pressure down on the lower jaw, if the problem is on the lower teeth.

**YOU SHOULD NOT TRANSITION TO YOUR NEXT SET OF ALIGNERS UNTIL ALL GAPS BETWEEN THE TEETH AND THE ALIGNER ARE RESOLVED.**



- 2.) During treatment, excess enamel may be removed in order to alleviate crowding. This process, (IPR: Interproximal reduction), is either done with drill, or manually with diamond strips flossed between the teeth. This process will not hurt you or your enamel, and is necessary in order to achieve detailed and optimal results.



### Caring For Your Invisalign Aligners:

- 1) Never eat or drink anything but water with your aligners in place.
- 2) When eating or drinking, remove your aligners and place into the case provided for safe keeping. Do not place your aligners in your pocket or napkins as this will lead to accidental damage or discarding of the aligners.
- 3) After eating, brush your teeth thoroughly and then floss. It is of great benefit to use a fluoridated mouthwash in the evening, and to place your aligners in before going straight to bed. Leaving the fluoride on your teeth overnight will act as a preventative measure to keep your teeth healthy through the process.
- 4) Brush the inside of the aligners carefully after every meal. Aligners should be "crystal clear" at all times. If aligners are cloudy, this is an indication of plaque accumulation, which can be extremely damaging to the teeth, leading to scarring/decalcification and cavities of your teeth.
- 5) Brush the inside of the aligners with toothpaste and COOL water, or with a baking soda and water mixture.
- 6) If you do not have a sulfa allergy, denture cleaner may also be used in addition to brushing the aligners to keep them extra clean. Place the aligners in **cool water** with a denture cleaning tablet to soak for 15 minutes. Remove the aligners when time has passed, brush and rinse out the aligners before placement back into your mouth.

#### **Other tips:**

- If you have a rough spot on your aligner, gently use an emery board to smooth out the area.
- If your aligners become lost, cracked or damaged, please call our office immediately to determine if replacement aligners are necessary. *A lab fee and thus a replacement charge will apply.*