

Here are some tips and tricks for your smile transformation with Invisalign.

Wear your aligners all the time except when eating or brushing your teeth.

You will wear your aligners for approximately 20-22 hours per day, removing them only to eat, brush and floss. It is important to avoid leaving aligners out of the mouth more than 30 minutes, especially during the first 72 hours of each new aligner. For optimal results, you should start each NEW aligner after an early dinner and do not remove them until breakfast the following morning keeping the aligners in for a minimum of 12 hours

Wear each aligner for one week and switch into your new aligner at night after dinner, follow the dates on your Invisalign bag as provided by Toothbar. To help avoid confusion, each aligner is engraved with your unique case number, a "U" for upper and an "L" for lower, followed by the stage number

Use the provided munchie as directed (morning, early afternoon and evening is ideal) for at least 3 minutes each time. Every 10-15 days, or when you feel it gives you something to chew, remove the aligner and check up on how everything is tracking. Rinse under warm water for 10 seconds prior to use.

For optimal results, small tooth-colored attachments may be bonded to one or more teeth during the course of treatment. Please be sure to keep an eye on how your aligners are tracking with the attachments adhered to your teeth. The doctors will remove these attachments at the appropriate time, usually at the end of treatment.

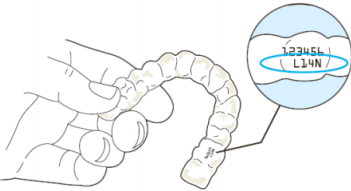
In some cases, teeth may require minor slenderizing (interproximal reduction) in order to create space to allow for tooth movement.

Each aligner is designed to guide your teeth to a more ideal position, please be sure to keep an eye on how your aligners are tracking and that there are no large gaps between your teeth and tray before you switch to your new set of aligners.

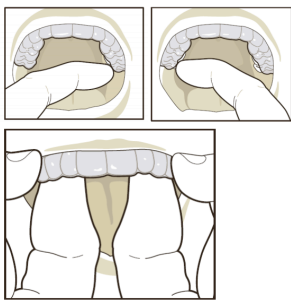
We recommend removing your aligners for eating and drinking and brush and floss after each meal prior to reinserting your aligners.

Clean your aligners prior to each insertion. Use a soft bristle toothbrush with water and a small amount of toothpaste. You may find it easiest to clean the outside of your aligners by brushing them while they are still on your teeth, then remove your aligners to clean the inside surfaces. Be sure to rinse each aligner thoroughly with water after each cleaning. We also recommend that you use the Invisalign or clear aligner cleaning products once a week.

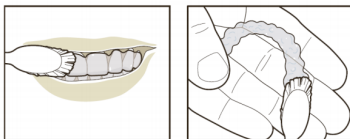
One aligner case is included in your starter kit. We recommend that you store your Invisalign aligners in a case when they are not in your mouth as they tend to get thrown away if you put them in a nankin



Getting new sets of



Cleaning your aligners



Here are some common questions, but feel free to give us a call or text with any concerns.

Q: Will the treatment be painful?

A: Most people experience tooth soreness for a few days after starting each new tray. This is normal. It is a sign that the Invisalign aligners are working, moving your teeth to their planned position. This soreness should gradually go away a couple of days after inserting the new aligner in the series.

Q: Will wearing the Invisalign aligners affect my speech?

A: Like all orthodontic treatments, the aligners may temporarily affect your speech, and you may have a slight lisp for a day or so. However, as your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by your aligners should disappear. We recommend reading the Invisalign pamphlet aloud and the lisp should disappear.

Q: What should I do if my new Invisalign aligner doesn't snap onto my teeth?

A: Minor discrepancies between the new aligner and the current tooth position are normal, since the teeth need time to conform to the new aligner position. Remember to use the provided munchie. In the event of significant problems with aligner fit, inform your doctor.

Q: Is it OK to drink hot or cold beverages while wearing Invisalign aligners?

A: Yes, it is ok to drink hot and cold beverages while wearing your trays. Please be aware that this may stain your trays.

Q: Any food or drinks to avoid consuming while wearing trays?

A: Dark colored foods and drinks can stain your trays. Try to avoid anything with turmeric, as it will stain them yellow. If you consume anything sugary, try to rinse your teeth and trays before putting them back on.

Q: What if I'm unable to wear a tray 20-22 hours that week?

A: If you ever foresee yourself not being able to wear your trays for the recommended 20-22 hours because of an event or upcoming trip, let us know and we can label your trays accordingly.

Q: Why do some of my aligners have bumps or ridges on them?

A: Depending on your specific treatment, some of the movements may require either "attachments" or "ridges" to help the aligner grip the teeth. These bumps, or wells, are where the aligner grips the attachment that the doctor places on your teeth. The attachments are actually small pieces of composite the doctor affixes to your teeth that are then gripped by bumps on your aligners. The ridges are slim indentations in your aligners. Your doctor will use one or both of these features to attempt to achieve the desired movement.

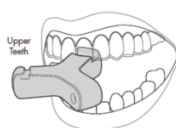
Q: What if I lose or break an Invisalign aligner?

A: In the event that an aligner is lost or broken, you should immediately call our office. Your doctor will probably tell you to start wearing your last set or next set of aligners immediately while we order you a replacement tray.

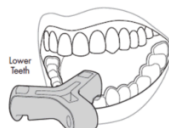
Q: What if an attachment comes off?

A: In the event that an attachment is lost or broken, you should call our office.

MUNCHIES® QUICK START GUIDE



1. With the aligner in place, put your top teeth into the bigger groove on the Munchie and bite your lower teeth against it. Bite on all your front teeth for about 20 seconds each.



2. With the aligner in place, put your bottom teeth into the smaller groove on the Munchie and bite your top teeth against it. Bite on all your front teeth for about 20 seconds each.



3. With the aligner in place, place the Munchie between your upper and lower back teeth on one side of your mouth and bite up and down for 20 seconds. You will feel the aligner fit for better. Repeat on the other side of your mouth.

4. Repeat this process each time you reinsert your aligners.

For more information visit www.orthomunchies.com CE