



Invisalign

WHAT IS INVISALIGN?

Invisalign® is a doctor-prescribed method to straightening teeth, using a custom-made series of clear aligners created only for you. These aligner trays are made of smooth, comfortable, BPA-free and virtually invisible plastic that you wear over your teeth. Wearing the aligners will gradually and gently shift your teeth into place, based on the exact movements your dentist or orthodontist plans out for you.

HOW DOES INVISALIGN WORK

- Each aligner gently places pressure on the teeth that need correction.
- Pressure causes the bone cells around the tooth to soften and allows it to move.
- Aligner pressure points move teeth in very small increments until it reaches the final treatment template.

WHAT IS YOUR JOB?

- Invisalign trays are worn full time (20-22 hours per day) and should only be removed to eat, drink, brush, & floss.
- Each set of aligners (trays) are worn for one week.
- You will visit our office about every 4-6 weeks to receive new aligners, place pressure attachments, perform interproximal reduction, and/or use elastics, and ensure your treatment is progressing as planned.
- Keep your teeth clean and free of plaque by brushing and flossing daily.
- Please clean the trays carefully to prevent your Invisalign trays from breaking.
- Keep your appointments.

WHAT TO EXPECT?

- Total treatment time averages from 6-24 months depending on the severity of the case.
- Average number of aligners worn during treatment is between 18 and 50.
- Never skip aligners (trays). Each set must be worn exactly as instructed by Dr. Yue.
- You may drink only water with your aligners in. Colored drinks and smoking may discolor your aligners.
- Do not throw any of your aligners away.

- Bring your last set with you to every appointment.
- Tooth Colored Attachments are bumps that are temporarily glued onto your teeth by the 3rd aligner. They may be required during your treatment to facilitate movement of teeth.
- Teeth can move at varying speeds depending on the density of your bone. As teeth continue to move through the bone you may notice some mobility.

HOW WILL IT FEEL?

- You will feel pressure as the Invisalign trays gently push and pull your teeth along the track. The discomfort can last up to a week and can be relieved with over the counter pain medication such as Motrin, Tylenol or Advil.
- Your brain might think the trays are food and may cause drooling, this may last for a few weeks.
- Your molar teeth may not touch towards the end of treatment. This is temporary.

POTENTIAL PROBLEMS:

- If you have tooth colored attachments, check them daily. If one happens to come off, call our office so we can decide if we need to add enough time to your next appointment to repair it.
- If you lose an aligner, wear the immediate previous aligner. It is extremely important to wear something to prevent the teeth from shifting. Immediately call our office so we can advise you regarding what to do next.
- When you begin wearing a new set of aligners, they may not fit quite like you think they should. This is normal. It is important that they fit well after the 1 week period. If they do not fit well, it may be best to wear them for an extra week. If you have any questions, call our office.
- When changing to your next set of aligners, doing so at night allows easier removal in the morning, and minimizes any discomfort that you may have.
- Occasionally, you may have a sharp edge on an aligner. You may use an emery board to smooth it. If it is still rough or sharp, call our office so we can make you comfortable.
- You may clean aligners with a toothbrush and toothpaste. We do not recommend mouthwash or denture cleaner by itself, the aligners tend to pick up the strong color.
- If you have any kind of pets, keep your aligners in the case and out of the pet's reach. They love the smell of your saliva, and will eat through the case and the aligners.
- Tooth decay, periodontal disease, and permanent markings from stains and decalcification may occur if teeth are not brushed or flossed properly, or if sugary drinks or foods are consumed while wearing trays.