



Invisalign Orthodontic Treatment

“Instruction of use and care for your aligners”

Invisalign aligners:

Your aligners were designed for you and they are identified from your file number.

The letter "U" indicates the top liner and the letter "L" the bottom liner. The number alongside the "U" or "L" indicator indicates the number of your liner.

Ex: 58723 (your identification number)

U 04 (top Liner, 4th Series, 8th week of treatment)

Invisalign lockers:

The blue locker is to store your aligners when you need to remove them to drink or eat.

The red locker is to store the aligners from the previous series.

Ex: You are currently wearing the #4 aligners. The #3 will be stored in the red locker.

Wearing Invisalign aligners:

Each liner series is scheduled to last 14 days and you should always wear your aligners a minimum of 20 hours/day to maximize the proper follow-up of your *Invisalign* orthodontic treatment.

Take the liner between the thumb and the index, place it on the teeth and press the fingers to the right and left of the liner to insert it into the teeth.

****It's important not to bite into the liner to insert it on your teeth. ****

This could distort or break the aligners and interfere with the smooth running of *Invisalign* orthodontic treatment. You should always handle your aligners with care.

To remove the aligners, slide your thumbs under the aligner and lift from left to right. Put the aligners in the blue locker.

Maintenance and care of the aligners:

You should always remove your aligners before drinking or eating. Drinking water is allowed with the aligners.

****It is not recommended to chew gum with the aligners. ****

Drinking and eating with your aligners will increase your risk of tooth decay, decrease the effectiveness of your aligners and delay your treatment.

You should always brush your teeth and your aligners before putting them back on your teeth. You should maintain good dental hygiene by regularly brushing your teeth and flossing daily.

Scheduling an appointment with your dentist every 6 months for an examination and cleaning of your teeth is highly recommended in order to maintain good dental health during your *Invisalign* orthodontic treatment.

****It is not recommended to smoke; this will damage your aligners and it's bad for your overall health. ****

Breaking or losing *Invisalign* aligners:

If a liner is broken, lost or defective, you must return the previous liner that is in the red locker in order to maintain the position of the teeth. Then contact your dentist immediately.

In some situations, you may be charged a fee to replace the new *Invisalign* aligner.

Frequently asked questions

Is the treatment painful?

Most people experience minor and temporary discomfort for a few days at the start of treatment. This is normal and is typically described as a feeling of pressure. This is a sign that *Invisalign* aligners are working - sequentially moving your teeth to their final position.

Will wearing *Invisalign* aligners affect my speech?

Like all orthodontic treatments, aligners can temporarily affect the speech of some patients for a day or two. However, as your tongue will get used to the gutters, the discomfort of speaking should disappear.

Are there any restrictions on what I can eat during treatment?

No, unlike traditional orthodontic treatments, you can eat whatever you want during treatment since you remove the aligners to eat and drink. Also, you don't need to limit the consumption of

your favorite foods, unless instructions to the contrary from Dr. Galvan. In addition, it is important that you brush your teeth after each meal before handing over your aligners, in order to maintain good oral hygiene.

Can I continue to smoke during treatment?

We advise you not to smoke during treatment. Tobacco can colour the aligners.

Can I eat gum during treatment?

No, the gum will stick to the aligners. We recommend removing the aligners during meals and snacks.

What is the best way to clean the aligners?

The best way to clean the aligners is to brush and rinse them with lukewarm water.

How long do I have to wear my aligners?

The aligners should be worn all the time, except for eating, brushing your teeth and flossing.

Can patients use the aligners as bleaching gutters at the same time as *Invisalign*?

Although we realized that some patients used the aligners as bleaching gutters, Align Technology Inc. did not examine the compatibility of bleaching products currently available with the gutters, nor did it demonstrate their effectiveness in clinical studies. Align Technology Inc. advises to consult Dr. Galvan for more information on teeth whitening.

How many times do I need to see my dentist for my *Invisalign* orthodontic treatment?

Dr. Galvan will schedule regular appointments - usually once every two weeks. This is the only way to ensure that treatment is progressing as planned.

What happens after treatment to prevent my teeth from moving again?

It depends on the results of the treatment. Some patients may need a conventional positioner and other patients may need a transparent positioner similar to that of *Invisalign*.

Talk to your dentist. Each patient is different and the results vary.