

# invisalign® Instructions

## REMOVE ALIGNERS FOR EATING & DRINKING EVERYTHING EXCEPT WATER

Remove aligners gently to avoid breakage. Brush your teeth after eating and *before* replacing your aligners. Try to minimize frequency of removal.

## CLEANING

Brush your aligners with *soapy water* at least twice a day. You can also soak the aligners for 10 minutes in a glass of water with three drops of Clorox if they need to be clarified.

## ATTACHMENTS & IPR

You may notice bumps or ridges on several of your trays. These are used to fit around tooth colored attachments placed on your teeth. These attachments will aid the aligners in moving your teeth properly. IPR or Interproximal Reduction may be used to aid the aligners with movement also.

## FULL TIME WEAR IS REQUIRED

Remove your aligners for meal times and brushing only. Tooth movement is a biological process requiring a constant gentle force. Failure to wear aligners full time (20 - 22 hrs. a day) may result in the aligners not fitting properly. The series of aligners would then need to be re-fabricated at an additional cost.

## CHANGE ALIGNERS EVERY 2 WEEKS

The standard recommendation is to wear each set of aligners for a full two weeks. Changing aligners too soon may result in aligners not fitting properly. During some stages, if the aligners are tight, wearing them closer to three weeks instead of two weeks may enhance your treatment. Make sure you are wearing the same number aligner on the upper and lower arch. For example, do not progress to #4 on the upper and continue to wear #3 on the lower.

## SAVE ALL OF YOUR ALIGNERS

If a problem occurs during treatment we may need to revert to previous aligners. If you lose or break an aligner you can back up to the last aligner worn. This way we can maintain alignment until we can replace the lost or broken aligner. Call the office and let us know the aligner number that is missing. We can have it sent to you in less than two weeks. There is a nominal charge for replacement aligners.

## FIT OF ALIGNER

If your aligner feels very tight in any area and the tightness does not diminish over a few days call for an appointment. Please contact one of the coordinators below if you have any other concerns (i.e. a tooth that is not tracking) with the fit of your aligners. You can improve the fit of your aligners by using the Aligner "chewies" provided at each appointment.

## TOOTH WHITENING

We do not recommend tooth whitening treatments or bleaching of your teeth during your Invisalign Treatment. You will receive a complimentary whitening kit once your treatment is complete.

## ONLINE

To view your personalized "Clin-Check", please log onto your Stewart and Labbe account. Your Invisalign Clin-Check will be on the lower left side of your home page.

## Invisalign Coordinators

Dr. Labbe's patients please contact:

Amy Grove at [agrove@stewartandlabbe.com](mailto:agrove@stewartandlabbe.com)

Dr. Langguth's patients please contact:

Brittany Gulbin at [bgulbin@stewartandlabbe.com](mailto:bgulbin@stewartandlabbe.com)

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