

Congratulations on beginning your Invisalign treatment with Willow Orthodontics!


Please refer to the following instructions as needed:

Identifying Aligners

Your Invisalign aligners come in a series of bags. These bags will typically have:

- Your Name
- Your Unique Case #
- Your Aligner Number (ordered sequentially, starting with 1)

If you look closely at your aligners, you'll see that each aligner has small letters and numbers printed on them. Each aligner is marked with a "U" or "L" to indicate that it is either an "upper" or "lower" aligner. Each aligner also has a number, which will correspond to the number on the bag.



Doe, Jane

1234567

Invisalign

Dr. John Doe


U 1 of 10

L 1 of 10

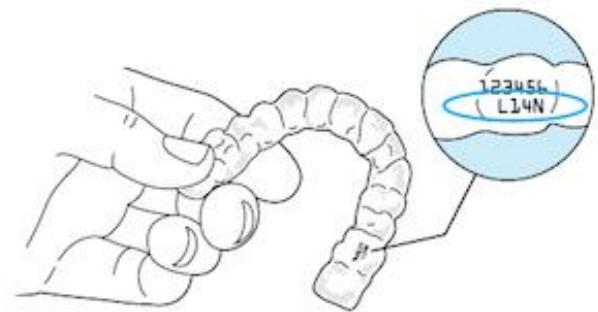
Attachments

Notes:

Pkg Date RxOnly



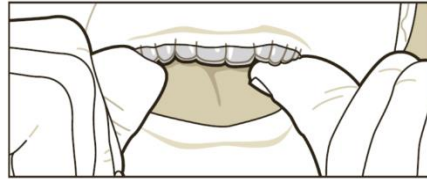
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Inserting/Removing Aligners

Insertion:

When inserting your Invisalign aligners, start by gently pushing the aligner over your front teeth. Then apply pressure, using your fingertips, to the tops of your left and right molars (back teeth) until you feel the aligner snap into place.



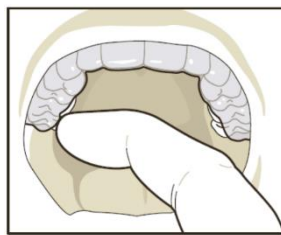
It may be tempting to bite your Invisalign aligner into position but try to avoid this. Biting down on the aligner can cause damage and lessen its long-term effectiveness.

Removal:

On one side of your mouth (whether you start on the left or right side is up to you), use your fingertip on the inside of your back molar to slowly pull the aligner from your molars.

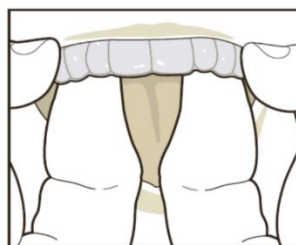


Repeat this process on the other side of your mouth.



Once the Invisalign aligner is disengaged from the molars on both sides of your mouth, slowly work its way forward by gently prying the aligner away from your teeth with your fingertips.

If you are having trouble with this step, make sure the aligner is fully disengaged.



Once you remove your aligner it's a good idea to rinse it with water, shake off any excess droplets, and store in your aligner case.

Storing Aligners

When your aligner is not in your mouth, it should be in your Invisalign case.



If aligners are left out of the case for any reason, bad things tend to happen to them. Here are just a few potential things that could happen...

- The family dog chews it up.
- It's wrapped in a napkin and thrown away by a server at a restaurant.
- It falls on the floor and gets stepped on.
- It gets lost or misplaced.

Here's a saying to help you remember where your aligners should be at all times: *"It's in your face or in your case"*. If you can follow these instructions, you shouldn't have any problem keeping your Invisalign aligners safe.

Oral Hygiene Expectations

We recommend brushing your teeth after eating and drinking before reinserting your aligners. If you do not have time or access to brush, please rinse your mouth with water to remove food debris then brush when you get home. Over time, failure to brush and/or rinse prior to inserting trays can lead to:

- Bad breath
- Discoloring of your aligners
- Tooth decay
- Gum inflammation



Stained Aligners



Clean Aligners

These problems are easily avoided if you make sure to always brush before wearing your aligners.

If you don't have immediate access to a toothbrush at the time of placing your aligner, you should at least rinse your mouth vigorously with water or mouthwash (keeping a travel size bottle with you works best).

It's also recommended that you clean your aligners before wearing them. Read below for specific instructions for cleaning your Invisalign aligners.

Cleaning Aligners

The easiest way to clean your aligners is by using your toothbrush to gently brush them clean.

It's as simple as that — the hard part is just remembering to do this consistently.



After every time that you eat, you should be brushing your teeth and brushing your aligners before reinserting them. Following these Invisalign instructions keeps your mouth clean and extends the life of your aligner.

Aligner Wear Time

Unless instructed differently by your orthodontist, Invisalign aligners should be worn 21+ hours per day. This means that you should remove them only during those 3 hours you spend eating a meal, snacking, drinking any liquid that has sugar in it, or brushing your teeth.

It's okay to drink cold water with your aligners in your mouth—but otherwise they should always be removed when eating or drinking. Please note that milk, juice, some energy drinks, and alcoholic beverages all contain sugar.

Common Terminology

Trays: This is another term for aligners.

Tracking: Tracking means that your teeth are fitting perfectly into your aligners. If you have questions regarding the tracking of your aligners, please contact our office or submit a scan through Dental Monitoring.

Attachments/Buttons: Attachments are made of composite and bonded to your teeth. They help move teeth to their perfect end position. Attachments can sometimes pop off, however if this occurs, we can easily replace the attachment. A missing attachment/button does not require an emergency visit and can be addressed at your next scheduled appointment. However, if it is an attachment/button with a hook for your rubber bands, please contact our office to schedule an appointment. Please note attachments are not required for every Invisalign patient.



Chewies: We recommend using a chewy to help the aligner track. Please bite into your chewy for 3-5 second increments for each tooth.

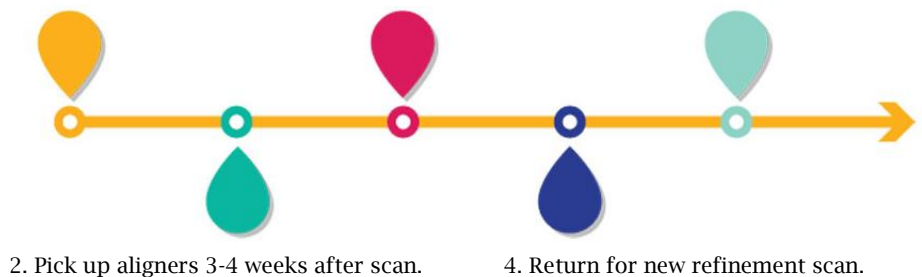


Rubber Bands/Elastics: Rubber bands, or elastics, provide a connective force which create resistance between the upper and lower jaw. This pressure guides the jaw into position to fix an overbite, open bite, underbite, or crossbite. Rubber bands are not required for every Invisalign patient.



Refinement Scans: During your treatment, you will receive several refinement scans. These digital scans capture images of your teeth in their current state. These scans are sent to the Invisalign lab to manufacture the next round of aligners in your treatment. There is a 3-4 week waiting period between each refinement. You should wear your last aligner at night like a retainer until your next set of aligners arrives in the office.

1.Begin treatment. Receive scan for aligners. 3. Wear aligners as instructed. 5. Repeat process!



IPR: Interproximal Reduction. This is a conservative procedure to create space between teeth and often required with Invisalign treatment. This procedure does not cause tooth sensitivity or make a patient more prone to cavities. During this procedure, a tiny bit of enamel is removed over multiple teeth. The dentin (inner layer of tooth) is not disturbed. Not every patient requires IPR.

Dental Monitoring: Dental Monitoring is an AI-assisted orthodontic tool that helps your orthodontist remotely track the progress of your orthodontic care. This smartphone-based app and scan box provided in office allow your orthodontist to monitor your progress and address any concerns quickly and easily.

Retainers: Please reference 'Willow Orthodontics Retainer Commitment' in contract paperwork for details.

*Ultimately, orthodontics requires compliance! We will work hard to help you reach your orthodontic goals, but we do require and expect your participation in this process.

Please contact our office with any questions, concerns, or scheduling needs.

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