



## Dos & Don'ts with your Invisalign Aligner Trays

- Wear trays 22 hours a day. If you don't wear the trays regularly, the teeth will not reposition appropriately
- Wear trays at all times except when eating, drinking, and cleaning your mouth and teeth
- Do not drink anything other than water when trays are in
- Before placing trays, make sure teeth are clean--brushed and flossed
- Do not place trays after eating without cleaning your teeth as this can lead to tooth decay
- You may experience head/jaw aches while the teeth are repositioning
- You may have spaces and food trapping between your teeth while the teeth are repositioning
- Your bite may feel "off" while the teeth are repositioning
- You may use whitening gel in the trays if desired

## What to expect

- Starts with Photos, an intraoral scan, and a review of the plan and expectations
- Treatment generally lasts between 6-18 months, depending on the complexity. Some cases may take longer.
- Once we are happy with the planned movements, we order the trays and bring you in to receive the trays. We have you wear them as is for one week to get used to them, and then see you again to place the attachments. After that, we check in every 4-8 weeks to make sure all is progressing appropriately
- Typically, you will swap to a new tray after 1 week of wear. The new tray may feel tight and take some biting to get into position, but it should fit well. If it doesn't, you need to return to your previous tray for another 1-2 days and try again. If you are still having trouble with the tray fitting correctly, we need to see you to evaluate it. We also need to see you if you lose any attachments.
- If you lose a tray, go to the following week's tray
- Oftentimes we have to mid-course correct, take another scan, and refine the treatment with new trays, if repositioning is not happening as desired
- Occasionally, we need to perform "interproximal reduction"-polishing the sides of the teeth