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## INVISALIGN INSTRUCTIONS

**Congratulations! You are “clearly” on your way to a healthy and beautiful smile.**

- **Tooth colored attachments will be bonded to your teeth. These aid the aligners with certain types of tooth movement. If one falls off, it is not an emergency. Please let us know at your scheduled appointment if any attachments have fallen off, and Dr. Hummert will evaluate if it/they need(s) to be replaced.**
- **If the teeth are very crowded, inter-proximal reduction, or minimal “polishing” of the teeth, may be necessary to help align the teeth in very crowded areas. Thin “polishing” strips and/or discs are used to help loosen contacts between teeth in crowded areas to give them more room to align. This will not damage your teeth or make your teeth more prone to cavities. It is sometimes necessary to relieve crowding, improve the bite, and to complete alignment.**
- **Wear your aligners 20-22 hours daily. Remove them for eating, drinking anything that is not water, flossing and brushing. You will wear each aligner in the series for 1-2 weeks (as directed by Dr. Hummert). After 1-2 weeks, you will switch to the next aligner in the series. Please keep all of your previous aligners organized in order in the corresponding numbered pouches and in your Invisalign box/ bag until your treatment has been completed. We sometimes need to move back to previous aligners if they are not tracking properly, and it is important that you keep all of them.**
- **The aligners sequentially move your teeth. Therefore, wear each aligner in the order and for the length of time each one is prescribed (usually 1-2 weeks per aligner unless otherwise specified by Dr. Hummert).**
- **Cleaning your aligners: It is important to keep you aligners clean. While brushing in the morning and night, put your aligners in a shallow container with 2-3% hydrogen peroxide and let them sit for 1-2 minutes to disinfect them. After they are disinfected in the hydrogen peroxide, brush them with a soft toothbrush (NO toothpaste) under cold running water to get any debris out. You can also use RETAINER BRITE (sold on Amazon), or Invisalign Cleaning Crystals (available on Invisalign.com).**
- **When you take out your aligners to eat during the day, before putting them back in your mouth, ideally you should brush your teeth before putting aligners back in, or at least rinse out your mouth and your aligners with water. You do not want to trap any food particles between your teeth and the aligners since that will make you more prone to get cavities.**
- **When your aligners are out of your mouth, always store them in the case provided. Never wrap them in a tissue or a napkin. When wrapped in a tissue or napkin, the aligners will be prone to getting thrown away inadvertently.**
- **If an aligner is lost or broken, call the office and let us know. Dr. Hummert will try to get you into the next aligner in the series, but if it does not fit properly, we will need to re-order the lost/broken aligner. In this case, you will need to wear your previous aligner until the replacement is delivered. There will be a replacement fee for any lost/broken aligner that needs replacing.**
- **During visits to your general dentist, be sure you have your current aligner with you. If any procedure is necessary, the dentist may use the aligner as a template to shape restorations so that you can continue with your aligners without having to take new impressions. If the current aligner does not fit after the dental work, please call the office for an appointment as soon as possible for Dr. Hummert to evaluate.**
- **Additional aligners are almost always necessary at the end of your first series of aligners. These additional aligners are factored in to your estimated treatment time. When you finish with your first series of aligners, we will evaluate your for either additional aligners or retainers. We will take new photos, a new panoramic radiograph (if indicated), and new upper and lower scan to have additional aligners fabricated to finish treatment.**
- **In rare instances, fixed braces may be needed in certain areas for full correction if the aligners are not providing the predicted correction of your teeth.**
- **After any orthodontic treatment is completed, retention is necessary as a lifetime commitment to preserve the results or treatment. We will ask you to wear your Invisalign retainers nightly (at least 8 hours per night) for life to maintain your orthodontic results.**