

GENERAL INFORMATION ON ALIGNER THERAPY WITH INVISALIGN[®]

Dear patient,

The following pages present the most important information and tips about your treatment with Invisalign[®] aligners. Please do not hesitate to ask your treating orthodontist if you have any further questions.



1. WEAR TIME

Generally the first pair of aligners is worn for 2 weeks, after which the aligners are replaced weekly. In order to optimize the conditions for the movement of your teeth, you should wear your Invisalign[®] aligners for 22 hours each day. In our experience, wearing the aligners for less than 20 hours per day leads to treatment failure. If you happen to wear your aligners for less than 20 hours on any given day, you may have to compensate by wearing them one day longer. If your aligners are still putting pressure on your teeth after wearing them for one week, continue wearing them until you do not sense any more pressure.



2. CLEANING

We recommend cleaning the Invisalign[®] aligners daily with a toothbrush and toothpaste. Afterward the aligners should be rinsed under running water and then re-inserted. If at all possible, we recommend brushing your teeth three times a day during treatment with Invisalign[®]. When you eat away from home and do not have a toothbrush on hand, it is generally sufficient to rinse the mouth thoroughly with water.



3. STORAGE

When you are not wearing the aligners, always store them in the appropriate black case. Please carry the case with you at all times.



4. DIET

While wearing your aligners we recommend avoiding sugary and acidic beverages, as the aligners restrict the generation of saliva. In addition, beverages that tend to stain, like tea, coffee and red wine, can discolour the aligners. Hot drinks should be cooled before drinking as they can cause permanent deformation of the aligners.

5. ALIGNER STRUCTURE



Attachments:

The small plastic structures glued to the surface of your teeth are called attachments. They serve to orient tooth movement and will be removed completely after treatment without leaving any residue. Please call the orthodontic practice if you lose an attachment.

Power Ridges:

The small ridges or bulges on the aligners, which are usually attached to the area around the front teeth, exert additional pressure on the teeth and serve to orient tooth movement (known as "incisor torque").

Bite Ramps:

The bulges on the interior side of the upper front teeth ensure early contact with the lower front teeth while blocking the bite on the posterior region. They are integrated in aligners whenever bite elevation to eliminate an overbite is a therapeutic goal.

Elastic bands:

In order to configure correct tooth placement and a healthy bite, it is often necessary to wear elastic bands between the upper jaw and lower jaw. For this purpose small buttons are glued to your teeth and small grooves cut into the aligners where the elastic bands can be attached. Please wear the elastic bands as directed by your treating orthodontist.

6. SOS

Lost aligners:

If you lose an aligner, please switch to the next aligner immediately or fall back on the previously worn aligner. Please call the orthodontic practice to order a replacement.

Pressure points/Chafing:

If wearing an aligner causes pressure points on the inside of the mouth or the tongue, carefully file the irritating position on the aligner with a standard nail file.

Poor aligner fit:

The first time a new aligner is inserted, it may not always be optimally fit to the teeth. For such cases the treating orthodontist can give you "chewies" or dental rolls which you can use to improve the fit of the aligners by biting down on them for a few minutes several times a day. Alternatively, you can also bite down on the corner of a towel.

Treatment goal not yet achieved:

It is possible that the first set of aligners will not achieve the desired tooth and jaw position. In that case, what is called a "case refinement" may be needed. For this a further scan/mold of your jaws is made at the orthodontic practice in order to generate a new treatment plan and manufacture new aligners. You will receive your new aligners after around 4 weeks.

