

Your Invisalign Treatment

The success of your Invisalign treatment will be a result of the partnership between you, Williamsburg Orthodontics & Align Technology. Our responsibility is to diagnose your malocclusion, and to develop a treatment plan to correct your teeth. Align Technology will custom manufacture a series of aligners designed to fulfill your specific treatment plan that was created by our doctors.

Your responsibilities are:

- Wear your aligners 22 hours a day unless we have advised you otherwise. Tooth movement is a biological process requiring a constant gentle force. Failure to wear aligners full time (22 hours a day) may result in the aligners not fitting properly. The series of aligners would then need to be refabricated, & possibly add additional treatment time.
- Make sure you are wearing the same number aligners on the upper & lower arch. For example, do not progress to tray #4 on the upper, but continue to wear tray #3 on the lower.
- Save all 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 immediately.
- Remove aligners to eat, drink, & brush your teeth. You can drink water with trays in. (No lemon or lime in water)
- Brush your teeth after eating & before replacing your aligners. Try to minimize the frequency of removal.
- Brush your aligners with soapy water at least twice a day. You can also soak them in water with a denture cleaning solution for a deeper cleaning.
- Do NOT soak your aligners in mouthwash - they will turn opaque.
- Clear attachments may be bonded to your teeth to help them move. If any of these attachments become loose, please call the office immediately.

- Your aligners are marked with a "U" for upper and an "L" for lower, Check each before putting trays in. (Obviously a lower tray would not fit the upper arch & vice versa)
- When you insert your aligner, gently slip it over your front teeth, then apply equal pressure on both sides as you snap the aligner in place.
- When you remove your aligner, gently slip both back sides off, (use a pinching motion around left & right molars and pull down) then slide the front of the tray off.
- Always store your aligners in their case. Do not store them in excessive heat.
- When you start a new set of aligners, you may have some tooth soreness. This is normal and may last three or four days. Feel free to take whatever medication you normally take for a headache.
- Each aligner is designed to be worn for a minimum of one week, unless instructed otherwise. When you start a new aligner, there may be a small space between the edge of one or more teeth & the aligner. If, at the end of the 1 week period, you have not worn the aligner full time, or if a space remains between a tooth & the aligner, do not switch to the new aligner - continue the same aligner for another week. If the aligner still does not fit well, please call the office for an appointment, & continue wearing the same aligner.
- Removable retainers have certain limitations of tooth movement. If your tooth alignment is incomplete when your aligner sequence is completed, we may recommend having more aligners manufactured, or placing some brackets to further correct your alignment. If necessary, these next stages of your treatment are included in your initial contract.

We are so excited for you to start your Invisalign treatment with us and look forward to creating the smile you desire!

