



Hey Doc... What about?

Q: Will the treatment be painful?

A: Most people experience tooth soreness for a few days after starting each new tray. This is normal and is a sign that the Invisalign aligners are working and moving the teeth.

Q: Do Invisalign aligners affect my speech?

A: Like all orthodontic treatments, the aligners may temporarily affect your speech, and you may have a slight lisp for a day or two. However, as your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by your aligners should disappear.

Q: What should I do if my new Invisalign aligner doesn't snap onto my teeth?

A: Minor discrepancies between the new aligner and the current tooth position are normal, since the teeth need time to conform to the new aligner position. In the event of significant problems with aligner fit, inform your doctor.

Q: Are there restrictions on what I can eat?

A: In general, no – just take aligners out to eat.

Q: Is it OK to drink hot or cold beverages while wearing Invisalign aligners?

A: No – water only!

Q: Can I chew gum while wearing Invisalign aligners?

A: No.

Q: Will smoking or chewing tobacco stain the aligners?

A: We discourage tobacco use while wearing aligners because of the possibility of aligner discoloration.

Q: Why do some of my aligners have bumps or ridges on them?

A: These bumps are called “attachments.” These attachments give the Invisalign trays something to grab onto as they are moving the tooth into its correct position. Certain teeth require a specific attachment for alignment correction. Not all teeth require an attachment.

Q: What if I lose or break an attachment?

A: Call your doctor. Typically, this is not an emergency and the doctor can replace the attachment at the next scheduled appointment.

Q: What if I lose or break an Invisalign aligner?

A: If you lose or break an aligner call your doctor ASAP. Often, we will have you go to your next tray in the series. Sometimes we may order you a replacement tray.

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Congratulations – you are reading this because you have invested in a **GREAT SMILE!**

- The good news is you can continue eating all your favorite foods. Try to stay away from sodas, candies, and sugars.
- Brush and floss as you normally do just remove the trays before you start! Stay active in all the activities and sports you love without any worry.
- If an attachment falls off just call the office. We can get you a scheduled appointment to replace the attachment.
- The trays may cause small ulcers in your cheeks during the first few weeks of wear but your cheeks will adjust and the ulcers will resolve.
- If there is a sharp edge you can use a new/clean emery board (nail file) to gently smooth the edges.
- The more you wear the trays the quicker your cheeks and gums will adjust!



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ALL DAY EVERY DAY

- Wear your Invisalign clear aligners 20-22 hours a day.
- Take your aligners out to eat and drink (leaving trays in to drink water is Doctor Approved!).
- To remove your trays, use the side of your fingertip on the inside of your mouth and tease down from the back teeth first on both sides. Do not pull hard from one side only as this can rip or tear your tray. Loosen one side in the back then the other, removing the front last. You may use a remover tool if easier.
- Brush your teeth after meals, snacks and non-H2O beverages before putting trays back in your mouth.
- Parents, teen aligners have blue compliance indicators to assure you they're wearing them enough.
- Ensure that you are putting the top tray in the top and the bottom tray in the bottom (U is for upper aligner and L is for lower aligner).
- To insert: align tray over front teeth with gentle pressure then use firm pressure to push down in posterior to seat trays fully.
- **DO NOT BITE ALIGNERS INTO PLACE!** This is a sure way to "crack" your aligners.



The Process

- Wear each set of aligners for one-week intervals. 7 days/tray (or as long as doctor directed)
- When trays are seated fully you will not see any space between the edge of the trays and the top of your tooth. This is proper tracking.
- If the trays are not "seating/tracking" wear that tray for a few more days until fully seated then move to the next set. If the tray does not fully seat after 14 days schedule an appointment to have the awesome doctor take a look.
- Checkups will be at 10-12-week intervals typically, depending on the movement needed in that series of trays.
- A new set of aligners may cause a little more pressure or discomfort for the first few days, which is totally normal. Actually, it's a good thing - the soreness means that the trays are working!
- **An Invisalign tip:** Start a new set of trays just before bed. The first couple of hours are usually the most uncomfortable and you can sleep through the discomfort as the magic is working!
- If you feel that you need a pain reliever, Great Smiles Orthodontists recommend using Tylenol for aligner discomfort (unless you are unable to take Tylenol). If so, take whatever you typically take at home for a minor headache. Ibuprofen or other non-steroidal anti-inflammatory OTC medications taken over a long duration have actually been shown to decrease the rate of tooth movement!

Cleaning your Aligners

- Rinse your aligners every night and brush them gently with your toothbrush to keep them fresh and clean.
- Do not use toothpaste on your toothbrush to clean the aligners as this will scratch your trays.

Aligner Cases

- Please keep your current tray in the black case when not in use.