



## Invisalign Information Tips

Following these information tips will help keep your Invisalign treatment progressing and will also help Dr. Cziraki and you attain your treatment goals!

1. Flossing everyday is very important for the health of your teeth and gum tissue during treatment. As the aligners cover your teeth, certain bacteria will grow faster. Flossing will help to keep these bacteria at manageable levels and prevent cavities.
2. Always insert your new set of aligners after your last meal before bedtime. Having your new set of aligners in for the longest period of uninterrupted time is important to help them move into the next position. You may experience mild to moderate discomfort for the first 48 hours. Advil can be taken to help reduce pain.
3. Each set of new aligners needs to be worn as much as possible in the first 48hrs. This is called "the first 48 hour rule". The majority of the tooth movement will occur in the first 48 hours.
4. Each set needs to be worn for 300 hours. This amount of time is required for the teeth and roots to move and be ready for the next set. Please wear your first set of aligners for three weeks, this will help to accurately calculate your 300 hour wearing schedule.

E.g. 300 hrs divided by 22 hrs wear/day = 14 days

300 hrs divided by 18 hrs wear/day = 18 days

\*don't forget the first 48 hour rule!\*

5. Use your Chewies every day for 15 minutes. Chewies keep your aligners fitting properly on top of your teeth. Extra biting and squeezing on the chewies on teeth with attachments will help keep those teeth moving the extra amount they need. Chewies also help promote blood flow to help the roots of your teeth move as efficiently as possible. The fifteen minutes can be completed all at once or at combined five and/or ten minute intervals. You can chew more than 15 min per day if you like. Chewies are especially important during the first 48 hours, therefore you must chew more than 15 min during this time.

6. Ideally, aligners should be taken out for eating and drinking, if you find this makes it more difficult to track your hours or you find you wear them less, Dr. Cziraki would like them kept in for quick snacks and drinks if it encourages more wearing time. Rinsing the aligners and your teeth is recommended after all meals.
7. Lost or broken aligners: there is a \$100 fee to replace lost or broken aligners. Please call the office *immediately* to inform us. *Sometimes* we can advance to the next set without ordering replacement aligners. Keep out of reach of pets. Dogs have been known to open the Invisalign case and that's an expensive chew toy!
8. Do not bleach your teeth while wearing aligners unless it has been approved by Dr. Cziraki. Teeth with attachments will not bleach evenly.
9. If your aligners stop fitting due to poor compliance, you may be charged a fee if a new set of impressions are required to "boost" your treatment.
10. Visit your dentist routinely for cleaning and check-ups.

Please give the office a call if you need any further explanation, or have any questions. We are excited to be part of your journey to a more healthy and beautiful smile!