



DR.
SIDHARTH
SHAH

Congratulations on Getting Aligners!

Congratulations on starting your Invisalign treatment!
We are excited to see your smile transform.

Your Invisalign delivery appointment is an important step, and we understand that patients may sometimes forget the instructions provided during the visit. For your convenience, we have outlined the Invisalign instructions below.



IDENTIFYING YOUR ALIGNERS

Your Invisalign aligners come in a series of bags.

- 01 Each bag contains two sets of aligners.
- 02 Each aligner is marked with a “U” for upper or an “L” for lower to indicate its placement.
- 03 Each aligner also has a number that matches the number on the bag.



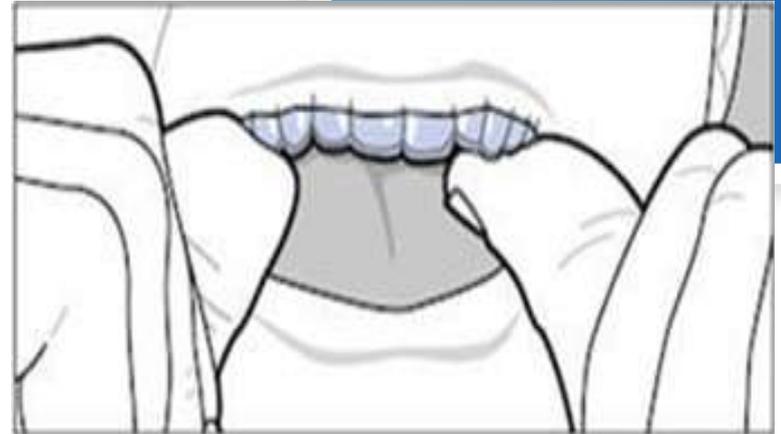
CHANGING YOUR ALIGNERS

- 01 You will start with aligner #1.
- 02 After wearing the aligner for 10 days, you will switch to aligner #2.
- 03 It is advisable to change the aligner at night since you will experience less discomfort, and your teeth will have time to adjust to the new aligner.



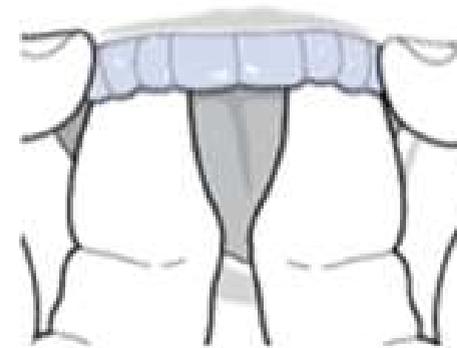
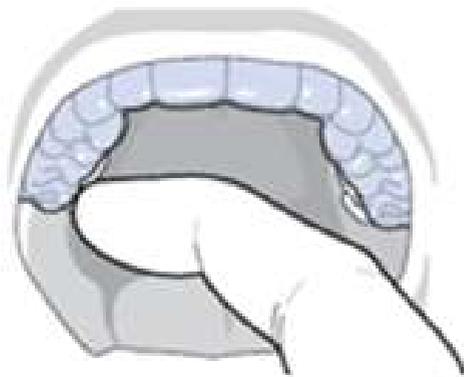
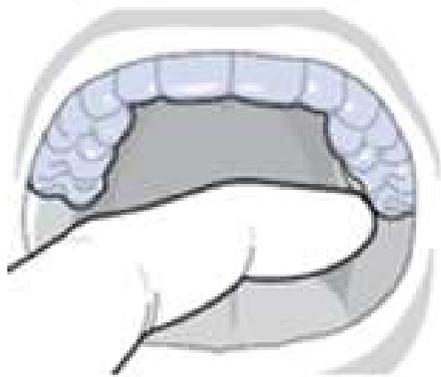
INSERTING THE ALIGNER

When inserting the Invisalign aligner, start by gently pushing it over your front teeth. Then, apply pressure with your thumbs on the right and left back teeth (molars) and push until the aligner snaps into place.



REMOVING THE ALIGNER

Use your fingertips to pull down on the inside of your right and left back molars and slowly remove the aligner from your molars. Next, grab the right and left back ends of the aligner and slowly work your way forward, gently prying it away from your front teeth.



USING CHEWIES FOR A BETTER FIT

Chew on the chewy, also known as an aligner seater, **five times a day** in rounds of **four or five** to ensure the aligner fits properly.



STORING YOUR ALIGNERS

When your aligner is not in your mouth, it should be kept in your Invisalign case. If left outside, it can get misplaced or accidentally thrown away.

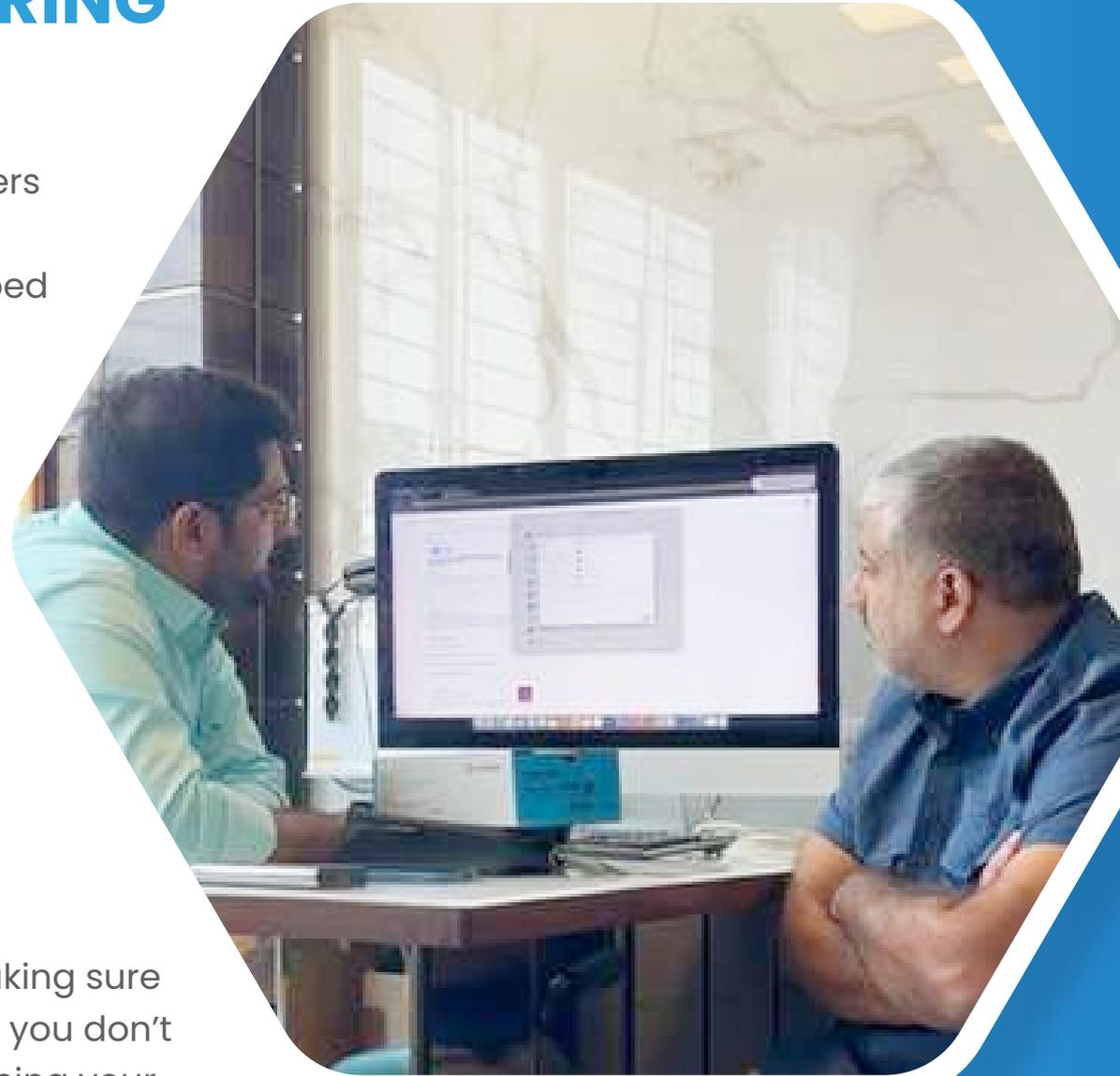


HYGIENE TIPS WHILE WEARING ALIGNERS

Always brush your teeth before placing your aligners in your mouth. If you don't brush off all the food particles from your recent meal, they will get trapped inside your aligner. Over time, this may lead to:

- 01 Bad breath
- 02 Discolouring of your aligners
- 03 Tooth decay
- 04 Gum inflammation

All of these problems can be easily avoided by making sure to brush your teeth before wearing your aligners. If you don't have immediate access to a toothbrush when placing your aligner, you should at least rinse your mouth thoroughly with water.



CLEANING THE ALIGNERS

The easiest way to clean your aligners is by using your toothbrush to scrub them clean.

HOW MANY HOURS IN A DAY SHOULD YOU WEAR ALIGNERS

Unless instructed differently by your orthodontist, Invisalign aligners should be worn 20-22 hours per day. This means you should remove them only during the 2-4 hours spent eating, snacking, drinking any liquid other than cold water, or brushing your teeth.

It's okay to drink cold water while wearing your aligners, but they should always be removed when eating or drinking anything else.



WHAT IF YOU LOSE OR BREAK AN ALIGNER?

Lost an aligner? No worries, life happens! Move forward with your next aligner set. You may need to wear this set longer (about 2 weeks) to ensure proper tracking. If you do not have any future aligners, revert to wearing your most recent aligner set and call us to schedule an appointment for your next set.

For example, if we provided aligners #1-6 and you lose #6, go back to wearing #5. If you did not save a backup set, please contact us immediately, as this is an emergency. Never skip wearing an aligner.



THANK YOU !

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