

WELCOME TO INVISALIGN®



valleyDENTALhealth
Modern Dentistry. Baltimore Charm.



ADVANCED DENTAL HEALTH
H U N T V A L L E Y

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invisalign®
PROVIDER

iTero®

DIGITAL PRACTICE

Congratulations on beginning your Invisalign® journey. Orthodontic tooth alignment is a life-changing improvement. We use the latest, research-tested technology to provide you the most comfortable, and efficient clear aligner experience. To achieve these optimal results, we have created this reference for your convenience.

DAILY ALIGNER WEAR (REQUIRED)

We recommend that you wear your aligners as close as possible to 24 hours per day, with a minimum of 23 hours per day. You should remove your aligners only to brush your teeth, floss, and eat certain foods. Eating and drinking with your aligners in place increases the time your teeth are in contact with the aligners, which improves results. More efficient tooth movement means you will be changing into fresh aligners more regularly, increasing your comfort during your treatment and improving the control and predictability of your alignment.

CHEWIES

In your starter kit, you should have received a pack of two dental chewies. These devices are extremely important to achieve predictable tooth movement. They help increase blood flow to the changing bone, decrease soreness associated with tooth movement, and improve the aligner's ability to move your teeth. Place the chewie between your upper and lower teeth and chew up and down on the chewie while moving it from one canine to the other side's canine. Do this for a total of at least one hour each day, split up into 3-4 sessions.



GOOD FIT POOR FIT

ALIGNER TRACKING

A benefit of Invisalign® treatment at Valley Dental Health is fewer trips to the office due to technology-driven care. Using the iTero® scanner ensures precisely-fitting aligners. It is important that all aligners always fit intimately against the teeth as they are intended. If you notice that any portion of your aligner is not fitting intimately with your tooth, please contact us immediately. This means that one or more of your teeth is not "tracking" and requires evaluation. You will notice a gap between the edge of the tooth and the edge of the aligner, or a gap at the border of the aligner near the gumline of the tooth.

DIETARY CONSIDERATIONS

Non-steroidal anti-inflammatory drugs (NSAIDs) like Ibuprofen, Naproxen, and Motrin can slow tooth movement and may delay progress. If you are experiencing any discomfort, acetaminophen (Tylenol) is preferred. Foods that contain the spice turmeric will permanently stain your aligners, so do not eat or drink anything that contains turmeric while wearing aligners. It is also best to rinse your mouth thoroughly with water after eating or drinking anything with turmeric, prior to replacing your aligners. Some examples of foods that contain turmeric are yellow curry, yellow mustard, some brands of macaroni and cheese, and kombucha. Chewy, sticky, hard or crunchy foods should be avoided while aligners are in your mouth, as they can break your aligners, or stick to them and "unseat" them.

ALIGNER HYGIENE

Keeping your aligners clean can be a challenge, especially since we advise you to eat while wearing them. Ideally, remove aligners and brush and floss your teeth after each meal, and also brush your aligners to remove any food debris and plaque. If you remove your aligners for a meal, remember to place them in their designated case. DO NOT put aligners on a tray, or a plate, or in a napkin, or anywhere other than their designated case - they will end up in the trash can. To clean aligners, remove them and rinse under warm running water, using a toothbrush to scrub them clean. Since you will be following a more efficient protocol, you will be replacing aligners frequently enough to eliminate the need for special aligner cleaners.

RETAINERS

At Valley Dental Health, retainers are an integral part of clear aligner therapy. Retainers prevent teeth from following their natural tendency to return to their pre-treatment state. Various forms of post-treatment retainers are available and your dentist will advise you on the best type for your case. For the first 3-4 months after treatment, the bone surrounding the newly-aligned teeth is still soft and relapse of teeth is possible. For this reason, we advise that you wear retainers 22 hours per day, removing them only for mealtimes, during this initial period. After 3-4 months, retainer wear will shift to night-time only. Cemented/permanent lingual bars and occlusal guards/night guards may also be recommended for your case. To clean retainers, remove them in the mornings, clean them with your toothbrush under warm running water, and place them in a closed case to dry (away from pets!). Make sure to bring your retainers to your preventive hygiene appointments so we can inspect them and provide them with a professional cleaning. If tartar (calculus) deposits form on the retainer, commercial retainer cleaners can be used. Invisalign® Cleaning Crystals are just one example.



PRO TIPS FOR SUCCESS

- Always change into new aligners before bedtime - brush and floss your teeth thoroughly, insert the new aligner, use a CHEWIE for fifteen minutes, and go to sleep with your new aligner. This will allow your initial use of the new aligner to be for 6-8 uninterrupted hours!
- Using a CHEWIE as frequently as possible will ensure the aligners continue to seat completely on and hug the teeth that are meant to be moving, creating more efficient tooth movement. Using CHEWIES less than recommended will result in less favorable results.
- If a VPro5 vibrational device has been recommended for your treatment, bite down on the device with your aligners in place for a total of five minutes, three times daily. It is programmed to turn off automatically after five minutes. One of these times should be bedtime. Do not use this device while driving as it can cause dizziness.