

Life With Invisalign®

Instructions:

- * Aligners are to be worn 20 to 22 hours per day (300 to 400 hours per aligner)
- * Do not start with the next aligner until the aligner you are currently wearing fits perfectly and is completely seated.
- * Keep Aligners clean
- * If you eat with aligners in place, clean aligners and rinse out mouth soon after
- * Do not throw away old aligners
- * Keep regular appointments with our office according to Dr. Prince's recommendation. Usually every 6-8 weeks.

General Soreness

When you get your Invisalign on, you may feel general soreness in your mouth and teeth may be tender to biting pressures for three to five days. If the tenderness is severe, take aspirin or whatever you normally take for headache or similar pain.

Loosening of Teeth

This is to be expected throughout treatment. Don't worry! It's normal. Teeth must loosen first so they can be moved. The teeth will again become rigidly fixed in their new — corrected — positions.

Brushing

It's more important than ever to brush and floss regularly when you have braces so the teeth and gums are healthy after orthodontic treatment. Patients who do not keep their teeth clean may require more frequent visits to the dentist for a professional cleaning.

Adults who have a history of gum disease should also see a periodontist during orthodontic treatment.

What is the Invisalign procedure?

1. Not all dentists/orthodontists are qualified to perform the Invisalign procedure. Only the Invisalign-certified orthodontists can assess teeth conditions, take dental impressions and also photographs.
2. In order to create an accurate 3D model of the teeth, a CT or Computerized Tomography Scan of the models will be performed.
3. With the 3D model as basis, a simulation of the teeth will be created using patented Invisalign software. The simulation will depict the movement of the teeth from its original to the desired position.
4. After completing the simulation, an Invisalign orthodontist will assess the results and come up with the design for the aligners.
5. These aligners will be manufactured using advanced SLA or stereolithography technology. The design was, of course, based on information obtained from the computer simulation. The final products are custom-moulded transparent aligner sets, each designed to be worn for two weeks. Depending on the complexity or severity of the teeth condition, aligner sets vary in number.

6. Once all the aligner sets are completed, they will be sent to the orthodontist who requested them.

7. The patient will be informed of the aligner's arrival. The orthodontist, upon giving the aligners, will provide clear and strict instructions on how to wear them. The standard number of hours that these aligners should be worn is 20 and patients are only allowed to remove them when eating and cleaning teeth. Progress checks will be done regularly to ensure that the treatment plan is being followed.