

Invisalign



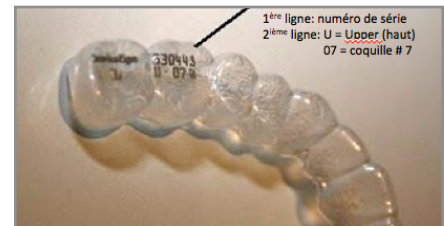
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An invisible orthodontic treatment...

Invisalign gradually shifts your teeth with a custom-made series of virtually invisible and removable plastic trays.

How to proceed:

It is recommended to wash your hands before handling the trays. Make sure that you have the right tray before inserting it in your mouth. To help out with this, each tray is identified with either a «U» (upper) or an «L» (lower). This letter is followed by a number indicating the proper order to follow for wearing the trays.



Place the tray on your teeth and press firmly on the front teeth with your fingers. Follow by pressing on the back of your teeth until the tray is completely inserted. It is strongly advised to bite on the "chewies" that were given on your first visit for optimum results and especially during the first 3 to 4 days. Please note that it is normal to feel some resistance when installing the trays



Wearing the trays:

In order to ensure a successful treatment, it is imperative to wear the trays as prescribed, between 18 to 24 hours a day. Each tray must be worn for a period of one week before switching to the next trays, unless told otherwise by your orthodontist. Please note that each set of trays allows for a 0.25 mm displacement of the teeth. You can eat with it if you are able to.

Comfort and adaptation:

Most people will have sensitive teeth after the insertion of new trays. This is normal and shows that the tray is moving your teeth as it should. This discomfort will last a few days and disappear. It is normal to experience increased salivation and to have difficulty pronouncing words for a day or two.

Removing the trays:

Using your fingers, pull gently on the internal or external edge of the tray in the back teeth region and move from one side of the tray to the other. Be careful when removing the tray if anchor points are used. Avoid bending or using a sharp or pointy object to remove them. Rinse and remove excess water before storing them in your storage case.

Storage:

Trays are valuable. They should never be placed in a paper napkin or handkerchief, always store them in their case when not in your mouth. Otherwise, you or someone else might throw them away by mistake, especially if you are at a cafeteria or restaurant. Avoid putting them in your pockets and keep them away from pets as they love to chew on them!

Two storage cases are provided to you at the beginning of the treatment. You can use both, one at work or school and the other one at home. If you go on a trip, it is important to bring the previous trays with you in case you lose the current ones. When you return we will replace the lost trays.



Damaged or lost trays:

Please keep all used trays in the provided bags. If you lose or damage a tray, you will have to temporarily use the previous tray until you receive the new one. Let us know as soon as possible so you can receive it promptly. Please note that there are additional fees and manufacturing delays to replace a tray.

Dental hygiene:

You can brush your teeth and use dental floss normally; it will prevent cavities and plaque, both of which can slow down your orthodontic treatment. For tray maintenance, we recommend that you brush them with your usual toothbrush and toothpaste. We also recommend that you soak them once a week for 15 minutes in the solution we provided.

Eating:

You must remove the trays before eating and drinking (except for water) and place them in their case. There is no food restriction.

Restrictions :

It is recommended to remove the trays before chewing gum to prevent it from sticking to the trays. It is also recommended to remove the trays before smoking to prevent them from yellowing and staining due to cigarette smoke.

Anchor points:

In nearly every cases, we have to install acrylic anchor points on some teeth as they help with teeth displacement. They will be removed at the end of the treatment.



Grinding:

During treatment, we might have to polish between some teeth. Polishing provides extremely small spaces that allow the teeth room to shift.

Please know that we encourage your efforts and with our collaboration we will reach our objectives!