

## ALIGNERS

Success of aligner therapy depends on you. Your trays have been carefully prescribed to move your teeth in small increments. Each tray is where your teeth should be at the end of that tray. For these to work, think of each one as a prescription. Prescriptions only work when you taken them according to instructions. The basic instructions are below:

- Wear them 22+ hours a day. Traditional braces work because they are attached to your teeth 24/7; aligners are invisible braces and need to be “attached” to your teeth to work.
- Do your chewies 30-40 minutes a day unless you’ve been instructed otherwise. They make your teeth move into the trays. The trays do not grab your teeth.
- If you have elastics, put fresh ones on when you put your trays back in after meals and brushing.
- You are asked to wear your trays approximately 2-3 weeks each.
- Store you “old” trays in their old pouches as you go in case of any issues.

### Insertion:

- Press your aligners onto your teeth with your fingers.
- Do not bite your trays on as this can distort your trays.
- New trays can feel tight for a few days and will stretch out over the next couple of weeks.

### Removal:

- Using your finger (or a crochet hook), start on the inside at the molars, flip outwards and work your way around to the other side. Pull to remove the tray.
- Remove your trays from a different side each time to avoid tearing the trays.
- Remove your trays for eating and drinking (except water).
- Avoid drinking sugary liquids (soda, juices, etc.) and hot liquids (coffee, tea, soup, etc.) with your trays on.
- When you’re ready to change to new trays, clean the current ones and store them in the proper pouch.
- You are ready to change to a new tray when there are no visible gaps or bubbles. If you see any areas that have gaps, stay in this tray another week and focus chewies to those areas.
- Use the retainer box provided to prevent loss, dogs or breakage.

### Cleaning:

- Brush and floss your teeth as normal.
- To keep your trays clean, brush the outside and inside of your trays (for as long as you would brush your teeth). Use cold water, clean brush and hand soap.
- For dental cleanings, advise your hygienist that you have Invisalign attachments so they are not removed accidentally.

## Refinement and Replacements:

- Wearing your trays as prescribed will help keep your treatment on time and avoid additional costs.
- A refinement may be ordered during your treatment to perfect the fit of the trays. A new scan is taken to allow a new prescription from that point forward to be written. One refinement is included in your treatment fee, however multiple refinements can result in additional charges of \$500 each.
- If you lose your tray, wear your prior tray, call the office and let us know how long you have been in that tray. If a replacement needs to be ordered, it is \$125 per tray.

## What if...

- I lose an attachment? Don't worry, we will assess if a repair is needed at your next visit.
- I need more supplies like chewies or elastics? Call the office and we can provide more.
- I lose or tear my aligner? Send a picture of the torn tray to the general email below, keep wearing it, and we will advise you.
- The trays appear to fray? This is not uncommon and means the surface layer of the tray is peeling. It will not impact your progress.
- My jaw is sore from the chewies? Take a few days off, but when you resume, break up your chewie time into smaller time segments. If it persists, please contact us.
- I have been on the same tray for more than 3 weeks and I need more before my next visit? In general, it is ok to be in your trays longer than to switch too quickly. We may request a virtual consult.
- I still see bubbles/voids when I'm due to change my trays? We will ask you to send in a virtual consult.
- There is a sharp spot? Do not use scissors to trim the area, but use a clean nail file to buff the area.

**Amherst Orthodontics**

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