

# Clear Tray Aligners Pre Operative Instructions

Here are some tips to help ensure proper use of your clear tray aligners:

## Aligner Insertion

1. Make sure you have the proper aligner- the upper for the top teeth and the lower for your bottom teeth.
2. You may insert either the upper or lower aligner first. When inserting each aligner, gently push the aligners over your front teeth. Then, apply equal pressure, initially using your fingertips, to the tops of your left and right molars (back teeth) until the aligner snaps into place.
3. After fingertip seating of the Aligners, sometimes it may be necessary to gently apply bite pressure to fully seat an aligner. Especially in an area where the aligner tray is activated for tooth movement. After initial seating of a new or newly activated aligner, it is normal to feel a lot of pressure and discomfort; usually this will decrease after wearing the tray for 5-20 minutes.
4. Usually patients will experience minor discomfort for two days after new aligners are placed or activated. If you experience sharp pain or significant discomfort after the first 5-20 minutes of seating a tray and/or newly tightened tray, discontinue use of the aligner and contact Dr. Landers.

Note:

There may be rough areas of the aligner tray caused during aligner fabrication. If you notice a rough or sharp area of the tray, please inform our staff and we will polish the area of concern. At home can use an Emery boards (finger nail files) to shape and smooth any rough edges of clear tray aligners.

If your treatment involves buttons, brackets, or retentive tray hooks for rubber bands, these may not initially be comfortable and in many situations can't be polished to relieve irritation. After a few days these rough areas may become more comfortable. In the event they do not, to make the tray more comfortable, we recommend orthodontic wax (over the counter product, or ask for it at our office) to cover the areas of the tray that are causing cheek irritation.

## When to Wear the Trays

“24/7” All day and all night: except when you are eating, or brushing and flossing your teeth.

There is “No Half in and Half out” option with regard to forces needed for tooth movement. It's better to not begin treatment until your schedule allows verses not following proper directions of use. Proper Orthodontic tooth movement can only be achieved with constant continuous pressure.

It is appropriate to remove trays for special events like weddings, TV appearances, etc. Please be selective and let our staff know so that your chart can be notated. Removal of trays for extensive periods of time or habitual removal of aligner trays will extend treatment duration and potentially cause harm to your teeth, roots and bone.

## Aligner Removal

1. Using your fingers, start on one side at the molars (back teeth), and slowly work your way around to the other side. Another technique would be to alternating pressure on the right and left sides of the tray in the area of the back teeth. Do this until the back is partially loose (dislodged) and then remove the tray off of the front teeth.
2. To help prevent cumulative damage to your trays, avoid unnecessary removal.
3. DO NOT use any sharp object to remove your aligners.
4. Immediately rinse aligner with water, shake off excess water, and store your aligners in the protective case provided.

Note:

- ✓ Use care in removing your aligners, particularly if multiple attachments are bonded to your teeth. Do not use excessive force to bend or twist an aligner in order to get it off.
- ✓ If your aligners are difficult for you to remove, please ask a staff member for a tool called “Invisalign Aligner and Retainer Removal Tool” (ART).

## **Daily Care and Maintenance of Your Clear Tray Aligners**

1. Clean your aligners prior to each insertion. Use a soft bristle toothbrush using water or a small amount of toothpaste.
2. Rinse each aligner thoroughly with water after each cleaning.
3. **DO NOT** use denture cleaners to clean aligners or soak them in mouthwash. These products can damage the surface of the aligner, causing it to become dull and more visible.

## **Proper Oral Hygiene**

1. Remove your aligners for eating and drinking, except when drinking water (only).
2. Brush and floss your teeth after each meal or snack prior to re-inserting your aligners. If you have any questions regarding your hygiene techniques, consult Dr. Landers or a staff member.
3. Tarter or Calculus in between teeth will stop tooth movement. Regular dental checkups and cleaning are extremely important and recommended for the continued health of your teeth and gums.

## **Frequently Asked Questions and Answers**

### **Q: Will the treatment be painful?**

A: Most people experience tooth soreness for a few days after starting each new aligner tray or newly adjusted/tightened aligner tray. This is normal. The soreness is a result of the pressure activated trays which ultimately are moving your teeth to their final destination. This soreness should gradually go away a couple of days after inserting the new aligner. If it doesn't, promptly call Dr. Landers.

### **Q: Are there restrictions on what I can eat?**

A: In general, no. Unlike traditional braces, you can usually eat and drink whatever you desire but you can only eat if you remove your clear tray aligners. You can drink water with the aligners on your teeth but not sugary drinks. Thus, there is no need to restrict your consumption of any of your favorite foods and snacks, unless instructed otherwise by Dr. Landers. As a side note, many of our patients inform us that the aligners force them into a healthy eating pattern i.e. less snacks. Many patients report that they lose weight and feel better subsequent to properly following Aligner protocol.

### **Q: Why do some of my aligners have bumps in them?**

A: Some of the movements require "attachments"(bumps) to help the aligner grip the teeth. These bumps, or wells, are where the aligner grips the attachment the doctor places on your teeth.

### **Q: Is it okay to drink hot or cold beverages while wearing clear tray aligners?**

A: Except for water, we recommend that you do not eat or drink while wearing the clear tray aligners. This is to avoid formation of cavities and stains, and warping of the aligners with extremely hot drinks.

### **Q: Can I chew gum while wearing clear tray aligners?**

A: No, gum will stick to the aligners. We recommend removing your aligners for all meals and snacks.

### **Q: Will smoking or chewing tobacco stain the clear tray aligners?**

A: We discourage tobacco use while wearing the clear tray aligners because of the possibility of aligner discoloration.

### **Q: Will wearing the clear tray aligners affect my speech?**

A: Like all orthodontic treatments, aligners may temporarily affect your speech, and you may have a slight lisp for a day or two. However, as your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by the aligners should disappear.

### **Q: I don't feel much pressure from my tray is not tight anymore. Do I need to still wear it?**

A: Yes, most movement occurs in the first 24-48 hours. After which time you will not feel pressure. The pressure moves your teeth very quickly but not the teeth need to be held in the new position. It is necessary to wear the tray the rest of the allotted time so that the teeth are held fixed in place.

### **Q: My initial trays were tighter. I don't think my new trays are tight enough. Can you tighten my new trays more?**

A: After initial orthodontic pressure is applied and the teeth have begun to move, the new pressure is not as noticeable.

**OUR PHILOSOPHY, OUR OFFICE REMAINS DEDICATED TO PROVIDING OPTIMAL CARE FOR EVERY PATIENT AND WORKING WITH YOU TO ACHIEVE THAT GOAL. WE PRIDE OURSELVES ON HELPING YOU IN ANY WAY AND IN CONTINUING TO PROVIDE THE QUALITY OF CARE TO WHICH YOU HAVE BECOME ACCUSTOMED**