

---

# Invisalign Aligners and Aligner Chewies

---



## When to Wear

With the exception of eating, drinking and brushing your teeth, your aligner trays should be in your mouth at least 22 hours a day, seven days a week. It will not move your teeth if worn much less than that.

**Wear each set of aligners for \_\_\_\_ days**, then switch to the next set. Keep all old sets in their numbered ziplock bag. If you lose your current set of aligners, you may need the previous set. If you cancel an appointment and finish the 2 weeks for wearing the last set of aligners you have, make sure to continue wearing that last set until you see us.

Do not flick the aligners in and out with your tongue, over and over. It will stress the material and it will either break or not fit as well.

## How to Insert

Insert with finger pressure. Make sure it is fully seated over the teeth. Do not bite on it unless you are certain it is about fully seated. Biting down hard on a partially seated aligner could damage it.

## Aligner Chewies

“Aligner Chewies” are recommended to properly “seat” aligners for a uniform and better fit. Simply place the chewie between your teeth and the aligner and squeeze down on it for about 30 seconds. Then release and repeat. Concentrate on the areas where you have attachments, in order to make sure the aligner seats completely over the attachment bubble. You should check with your fingers to make sure the bubbles fully seat over the attachments and if necessary work the aligner over the attachments to get it to fully engage. This will help the aligner tray sit perfectly on your teeth. This method needs to be done each time you get a new aligner for the first 3 days, at least 2-3 times per day. It is very important that the bubbles in the aligners fit fully over the tooth attachments so that the teeth straighten out as planned.



## How to Remove

Remove the aligner by pulling on the edges in the back corners to loosen each side, then removing the entire aligner in a downward direction. It is easiest to remove from your tongue side, starting from the back corners. It's tougher to remove it from the front areas as that's where the attachment bubbles are. Try to avoid removing from one corner in a peeling motion across, as that will stress the center of the aligner and it may eventually crack in the middle. If your fingernails are very short and you have a difficult time getting them under the edges of your aligners, **crochet hooks** work very well for aligner removal.



## When to Remove

Because the aligners can stain and food can get trapped underneath, avoid eating and drinking anything other than water while wearing them.

Take your aligners out when eating anything else.

When you finish eating, brush your teeth before putting your aligners back on so that you don't trap food underneath for an extended period of time.

If you are going to a friend for one evening or on a one day trip, consider not taking your aligners as it's too easy to lose them in those situations. Just make sure to wear them as soon as you return.

### *How to Keep Your Aligners Clean*

Clean aligners thoroughly once a day with a toothbrush and water. Brushing aligners removes the plaque, and eliminates odors. Efferdent or other orthodontic appliance cleaners can be used, but do not take the place of brushing. Avoid using whitening toothpastes as they are abrasive and can dull the finish of the aligner. If you find that Efferdent and brushing are not enough, there are specialized products for keeping aligners clean available for purchase on the internet. Two popular products are Sonic Brite and Retainer Brite. Some patients are allergic to retainer cleaners.

### *How to Store When Not in Your Mouth*

When aligners are not in your mouth they should ALWAYS be in their case.

Most appliances are lost in school lunch rooms, cafeterias, or restaurants. Do not leave your aligners out on a cafeteria tray, countertop, or table, whether at home or elsewhere. They will likely get thrown out. Do not keep them in a tissue as crumpled tissues are easily thrown away. Do not put them in your pocket unless they are in their case. They could get crushed and crack. They could also inadvertently find their way into a washing machine with a resulting set of very clean, but unwearable, set of aligners.

Pets love to chew on them! Some pets (typically dogs) will even chew through the case, so put them inside a drawer or tall cabinet. Just a few seconds in a pet's mouth will destroy the aligner.

Make sure to write your name and phone number on your case.

Keep aligners away from hot water, hot car dashboards, pockets, the washing machine, and napkins. Avoid leaving them in the car on hot summer days.

### *Getting Used to Your Aligners*

Initially, you may find it difficult to speak. Practice speaking, reading, or singing out loud to get used to them faster.

When you first get your aligners, you may have extra saliva. This will return to normal within a few days.

### *Identifying Your Aligners*

If you confuse your aligner sets, you can identify which number it is by holding it up to the light and looking at the numbers. It will say "U" for upper, or "L" for lower, followed by the number of the aligner. In the picture on the right, it says "U 16," indicating it is the 16<sup>th</sup> upper aligner.



### *Problem Solving*

**Lost Aligners** – If you have worn the lost set for 6 days or more, simply start the next set. You do not need to call us. Just make sure to be extra careful in “working in” the aligner bubbles over the attachments, and wear them extra few days as if you had never lost the previous set. If you wore the lost set for less than 6 days, then go back to the previous set and call us for a replacement set. Do not simply wear nothing until the replacement set arrives!

**Cracked Aligners** – Handle the same as lost aligners.

There is charge to replace lost or damaged aligners. The fee is \$75 for a single aligner, or \$100 per set, unless it is covered by the Invisalign Teen provisions or if the damage is due to a manufacture's defect.

**Rough Edge Causing Discomfort** – Invisalign aligners usually are finished with a smooth edge. In the unusual situation where you experience a rough edge, use a nail file to buff it out. If that still doesn't help, please call us and we will be happy to smoothen it for you.

**Attachment Falls Off a Tooth** – Please call us to schedule a repair visit.

### *Your Visits*

Please bring your aligners to each appointment.

If you have any questions or concerns about your aligners, or your aligners need adjusting, please call us.