

# FOUNTAINGROVE DENTISTRY



## Invisalign Cheat Sheet

Congratulations! You have officially been Invisaligned! We are excited to help you on your journey to a more beautiful smile. Here are some tips to achieve the best results:

- Must wear trays **22 hours a day or more**. If the trays are not in your mouth your teeth are not moving.
- Don't take out for more than **40 minutes at a time**- you risk recession and bone loss if they are out longer.
- **Chewies are your friend**. Our office will provide you with mini foam rollers to chew on to help set your trays. You may request additional ones at any visit, just ask your friendly assistant.
- Sore spot on your gums or tongue from a sharp spot on the tray? Use an emery board to smooth it out if you can't come into the office right away.
- If you can't brush after eating before putting them in, put them in and brush later
- You can drink with the trays in as long as the beverage **isn't super hot** (this will deform the trays) **or turmeric!**. Just rinse the trays when you are done and put them back in.
- Soaking them in full strength hydrogen peroxide will get rid of stains- it works better than the cleaning crystals. (keep a small container with a lid by the sink so you can shake trays in the peroxide- change peroxide about once a week)
- **Use your case!** Do not wrap in napkin or stick in your pocket-this can bend them or they can easily be mistaken as trash and thrown away! (expensive mistake) Pets LOVE to chew these as well so don't leave out of case at home.
- **Always hold on to your previous set of aligners**. Keep the last set of aligners just in case you lose or break the current set. While you wait for a replacement set (takes approx. 1 week), you should be wearing the previous set of aligners to make sure the teeth don't move back to a weird position. **If a tray is lost it is \$200 to replace the set (\$100 per tray)**
- If elastics are part of treatment plan these can be worn at night and any time they are worn during the day is extra credit.
- **Wear retainers nightly**. Wear your trays at night. If they feel very tight when you put them in, try wearing them a few hours before you go to bed as well. If you lose your retainer, put in the last tray from your active treatment and call our office to order a new one.