

Aligner Instructions

Congratulations! You are on your way to the beautiful smile that you've always wanted. Here are some simple instructions for the proper care and use of your aligners.

- Aligners should be worn 22-24 hours per day and should only be removed for eating and brushing. After eating, we recommend that you brush, floss, and insert your aligners as soon as possible. If that is not possible, at least swish water aggressively to remove debris.
- When brushing your teeth, brush off your aligners as well after you rinse the toothpaste off the brush. If they don't feel clean enough, you may clean your aligners cleaners such as Invisalign Cleaning Crystals. Never place aligners in hot water or soak them in mouthwash.
- When inserting aligners begin with your front teeth, when removing aligners begin with your back teeth.
- When not wearing your aligners, always store them in the provided storage case. NEVER WRAP YOUR ALIGNERS IN A NAPKIN!!!
- Keep your aligners away from pets. Dogs and cats love to chew on used aligners.
- Never discard your last aligners. When finished with a set, clean them, and place them back in their original pouch in case of an emergency and the current aligners are lost and you are instructed to use the previous set.
- If one of the bonded attachments falls off your tooth during treatment it is not necessary to return to the office to have it replaced. Notify us at your next scheduled visit and we will replace it at that time if necessary.
- You may drink fluids while wearing your aligners. After drinking, we recommend that you rinse off your aligners and brush your teeth.
- If you misplace a set of aligners: skip ahead to the next set of aligners and call the office for further instructions. If you don't have the next set, immediately call the office for instructions before placing your recent set in. If you are out of town or unable to call the office within the day, then wear your previous set until you can call our office.

If anything feels out of the ordinary or if you have any problems or questions, contact us.

Contact Us



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Details About Your Aligner Treatment...

Typical Appointment Sequence...



DIAGNOSTIC RECORDS:

The first step involves scanning your teeth with our state of the art and incredibly accurate 3D scanner. We will also take photos and a full mouth panoramic [xray](#).



TREATMENT PLAN:

Dr. Joiner will take all the records and upload and work with the lab to create custom treatment plans to achieve the outcome that meets your desired results.



BEGINNING TREATMENT:

After a treatment plan is chosen, the aligners take around 3 weeks to fabricate. You will then have a 30-40minute appointment to place attachments if needed and review how to wear and care for your aligners.



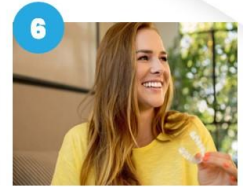
CHECK-UPS:

You will typically wear each aligner for two weeks, before moving on to the next in the series, only taking them out to eat, drink, brush, and floss. We will see you in our office every 6 weeks to evaluate progress.



FINISH TREATMENT:

Once your treatment is complete and you are completely satisfied with the results, we will remove any attachments, scan your teeth, and fabricate retainers.



SMILE!

After you have completed your treatment, don't forget to protect your new smile with retainers. Retainers will retain your teeth in their new position so you can enjoy a long-lasting smile!

What Are Attachments?

Attachments are small tooth-colored shapes that are attached to your teeth during your aligner treatment. They're like handles, giving aligners something to gently push on. Clear aligners fit smoothly and tightly around them, so they're barely noticeable. Not everyone who uses clear aligners will need attachments.



What is IPR (Interproximal Reduction)?

Depending on your treatment plan, interproximal reduction (also known as IPR) may be necessary to adjust the shape of your teeth. IPR is a quick polishing of the edges of the tooth enamel. This helps to create a bit of space for crowded teeth to move into alignment.

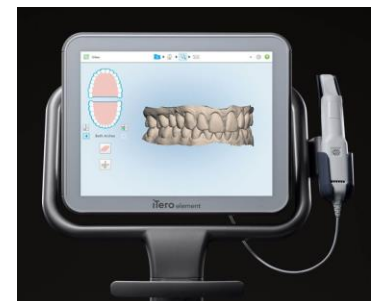
Research supports the use of interproximal reduction by showing no increased decay on the altered surfaces, greater stability after treatment, and no increase in sensitivity when the amount of enamel removed is kept within reasonable limits.



What is a Refinement?

Aligner therapy has become very predictable in recent years, but nothing is perfect, especially when the human body is involved. Therefore, some cases require refinements. A refinement is just as it sounds, a small change in the treatment plan.

Refinements are typically needed due to one or more teeth not tracking as expected. Refinements may add up to 2-3 months to treatment time depending on the case. There is no additional charge if needed unless the reason for the refinement is due to patient noncompliance in wearing the aligners as instructed.



What Are retainers?

Retainers are necessary after all orthodontic treatment to keep your teeth from moving. This is true with traditional braces or clear aligners. We include the first set of retainers with your treatment.

Retainers must be worn for life and you can expect retainers to last from 1-5 years depending on the amount of grinding you do. We typically make clear retainers but in certain cases will suggest a wired (Hawley) retainer or a fixed retainer.

