



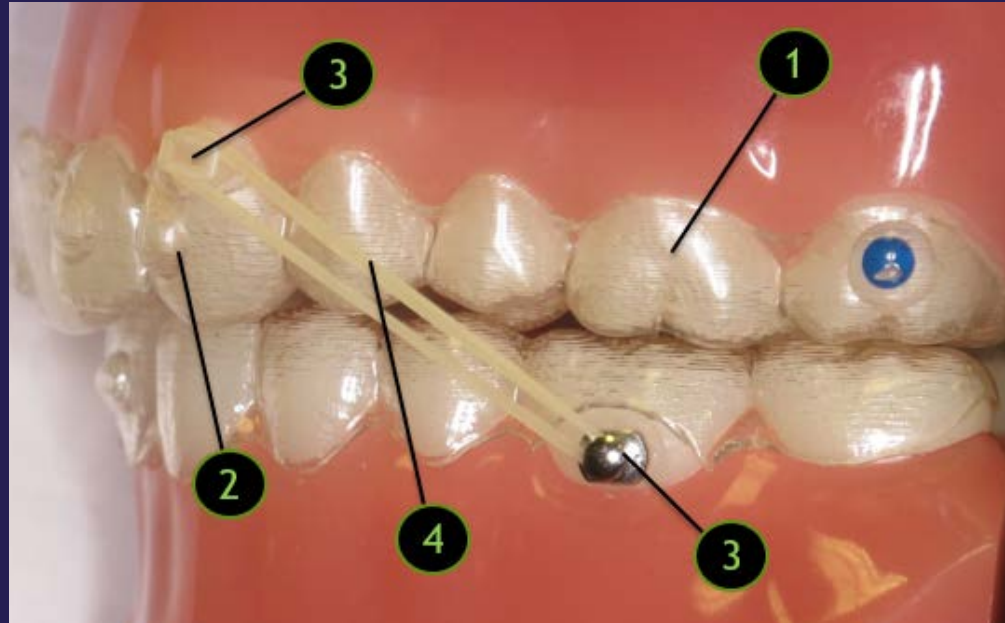
ORTHODONTIC ASSOCIATES OF SOUTHEASTERN CONNECTICUT, PC

James O'Leary, DMD • Gregory Hack, DDS

Guide to Successful Treatment with Clear Aligners



GETTING TO KNOW YOUR ALIGNERS



1. ALIGNERS

A series of custom plastic trays that gently shift your teeth into place.

2. ATTACHMENTS

Similar to the color of your teeth, these are small bumps that are bonded to specific teeth to aid in movement and to lock in the aligners.

3. BUTTON*

Clear or metal brackets that serve as anchor points for rubber bands.

*Note: Not all patients will have buttons during their treatment.

4. RUBBER BANDS/ELASTICS

Elastics are used to correct your bite and align your teeth. They must be worn as prescribed or they will not work correctly.



WEARING YOUR ALIGNERS

- ▶ We recommend that you wear your *Invisalign*® and *Spark*™ aligners for a minimum of 22 hours per day. We recommend that you wear your aligners all of the time, aside from when you are eating or brushing.
- ▶ Your teeth *will not move or “track” properly* if you do not wear your aligners for the minimum 22 hours per day!
- ▶ *With your 100% effort, we can deliver 100% results!*





WEARING YOUR ALIGNERS

- ▶ Dr. Hack and Dr. O'Leary will give specific instructions about how many days you should wear each aligner. It is important that you wear each set for the prescribed amount of days, for the recommended minimum 22 hours per day.
- ▶ For the duration of your treatment, we recommend saving one previous set of aligners when moving on to a new pair just in case you accidentally lose one.
- ▶ Please make certain that your upper and lower tray numbers **match**. The tray number is located on the molar region of each individual aligner.



WEARING YOUR ALIGNERS

- ▶ In the case that your next appointment is scheduled on a date *after* you are due to change to your next set of aligners, you can simply continue wearing the tray for a little bit of extra time!
- ▶ If for any reason you miss an appointment, there is *no* harm in wearing your aligner trays a few additional days or weeks.
- ▶ Patients should *never* stop wearing their trays unless they are instructed by the doctor to do so, or until retainer(s) are received at the end of treatment.
- ▶ IN THE EVENT THAT:
 - ▶ You reach the end of your aligner tray sequence,
 - ▶ You miss an appointment, or
 - ▶ Your next appointment does not coincide with the day you are due to change into your next tray,

PLEASE STILL CONTINUE TO WEAR YOUR TRAYS!

SEATING YOUR ALIGNERS

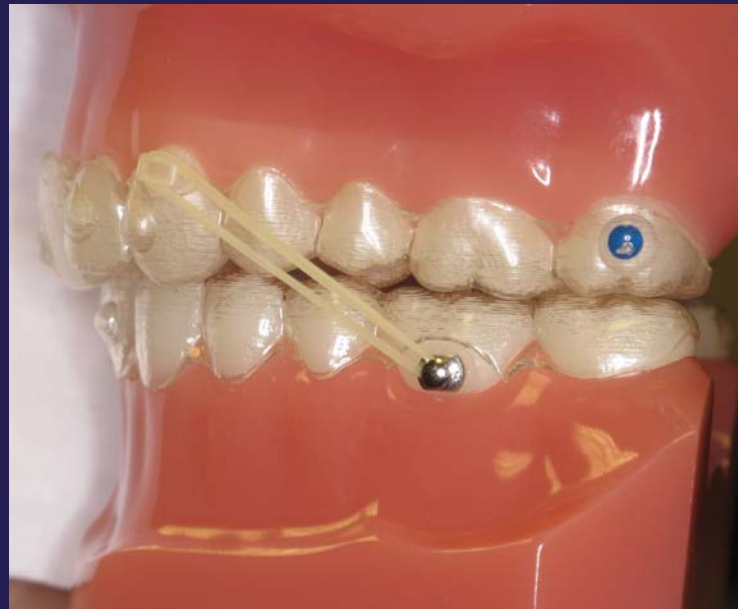
- ▶ When you insert your trays they should fit without any gaps between the aligner and your teeth.
- ▶ It is normal for the trays to feel very tight when first putting in a new set, but if you feel as though they are unable to fit over your teeth, you can use *Chewies*™ to seat them properly.
- ▶ After putting your aligners on, chew on the *Chewies*™ for about 1-3 minutes until the aligners are forced over your teeth. This will ensure they are in the proper position, and that there are not gaps between the aligner and your teeth.



- ▶ *Please note that *not* all patients will have to use *Chewies*™. If you are *not* experiencing difficulty seating your trays, you *do not* have to use *Chewies*™!

ELASTICS/RUBBERBAND COMPLIANCE

- ▶ We ask some patients to wear elastics for a period of time during their treatment in order to align their bite.
- ▶ It is extremely important to wear your elastics as instructed. Without good elastic wear, treatment time will be extended, and we may not get the result we want.



An elastic anchored by a metal button on the lower arch and a clear button on the upper arch



CARE AND CLEANING

Brushing and Flossing

- ▶ Treatment with aligners does not change the way that you brush and floss. Any type of soft-bristled toothbrush will work. Electric toothbrushes work best.
- ▶ Angle your toothbrush around any attachments and/or buttons you may have, making small circles along the gum line to ensure good plaque removal.



Patient in treatment with attachments



Patient in treatment with attachments and buttons

CARE AND CLEANING

Cleaning Your Aligners

- ▶ We recommend brushing your aligners - inside and outside - with mild dish soap and lukewarm water.
- ▶ Aligners should be cleaned at least twice a day.
- ▶ **DO NOT** clean your aligners in hot or boiling water or they will become distorted and won't fit properly!!





PRACTICING GOOD ORAL HYGIENE

- ▶ If you brush and floss your teeth properly and consistently clean your aligners, then you will end treatment with a beautiful, healthy smile!
- ▶ *Effort = Results!* By putting forth your best effort to practice good oral hygiene, you will get the best results!



*Patient after finishing
Invisalign® treatment*

PRACTICING GOOD ORAL HYGIENE

- ▶ Without brushing and flossing, **PLAQUE BUILD-UP**, **DECAY**, **DECALCIFICATION**, and **STAINING** can happen. These marks are **PERMANENT** and will not come off your teeth! Practicing good oral hygiene will prevent your teeth from looking like this...



Poor oral hygiene causing plaque build-up around attachments

Decay, decalcification, and staining around and underneath attachments as a result of poor oral hygiene



CARE AND CLEANING

Eating and Drinking

- ▶ Please note that there are *no* eating restrictions while you are in treatment! 😊
- ▶ Always remove your aligners before eating. Eating with your aligners can cause distortion and staining.
- ▶ DO NOT chew gum or bite your fingernails, pens or pencils, as this can potentially impact your tooth movement.
- ▶ Remove aligners before drinking any beverage other than water. Dark beverages - including tea, coffee, cola, beer, and wine - may stain your aligners.
- ▶ DO NOT drink hot beverages while wearing aligners because it can warp or distort them.
- ▶ It is important to brush AND floss after every meal before re-inserting your aligners so that food and bacteria don't get trapped inside of them.





CARE AND CLEANING

Talking with Aligners

- ▶ You may briefly experience a change in speech while you adjust to wearing your new aligners. This may last up to a day or two.
- ▶ To speed up the adjustment process, practice enunciating your words or reading out loud. Since each aligner is similar in shape and thickness, switching to a new aligner should not cause any speech issues.

CARE AND CLEANING

Smoking

- ▶ Tobacco products will *permanently* stain both aligners and attachments. Tobacco use can also lead to staining on your teeth.



Stains that can result from smoking or poor oral hygiene



SOLUTIONS FOR SORENESS AND/OR DISCOMFORT

Awkward-Feeling Bite

- ▶ It is completely normal for your bite to sometimes feel a little bit “off” during your treatment. This happens because your teeth are constantly moving to be in their correct position.



SOLUTIONS FOR SORENESS AND/OR DISCOMFORT

Rough Edges on Aligners

- ▶ If you feel a rough edge on an aligner and it is irritating your tongue or cheek, gently use an emery board/nail file to smooth the edge.



Nail file used to smooth a rough edge on an aligner

SOLUTIONS FOR SORENESS AND/OR DISCOMFORT

Soreness

- ▶ It is normal to experience some soreness or tooth tenderness each time you switch to a new aligner.
- ▶ Soreness should last no more than 1-3 days.
- ▶ You can take your regular over-the-counter medication, such as Tylenol or ibuprofen, to relieve any discomfort.
- ▶ Eating softer foods for a few days may also help in alleviating soreness.





PROBLEMS AND AT-HOME SOLUTIONS

Missing Attachment

- ▶ If an attachment falls off, there is no need to call the office. Continue to wear your aligners as prescribed and the doctor will evaluate the need to replace the missing attachment at your next regularly scheduled appointment.



PROBLEMS AND AT-HOME SOLUTIONS

Lost Aligner

- ▶ If you lose the aligner that you are currently wearing, go back to your previous aligner and call our office for further instruction.
- ▶ If you lose multiple aligners, please call our office so we can order replacement aligners for you.



EXTRA CARE VISITS

- ▶ Extra care visits are needed when a button comes off or your aligners are not fitting properly.
- ▶ For our Phase I patients who have a mixture of permanent teeth and baby teeth, if a baby tooth becomes loose and affects how your aligners fit or prevents you from being able to wear the tray, please call our office as soon as possible.
- ▶ *Please keep in mind that these extra care visits are not always available at the most convenient times.*

EMERGENCIES

- ▶ Dr. O'Leary and Dr. Hack are *on-call for all traumatic emergencies 24/7. Anything causing severe pain and/or injuries to the teeth and face are considered emergencies.* In the event of an emergency after normal business hours, call our office to be connected with the emergency pager service.
- ▶ Note: Please *do not* call the pager service to cancel an appointment or if there is *not* a true orthodontic emergency.



OASECT

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