

English

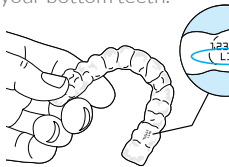
## Wearing and using your Invisalign aligners.

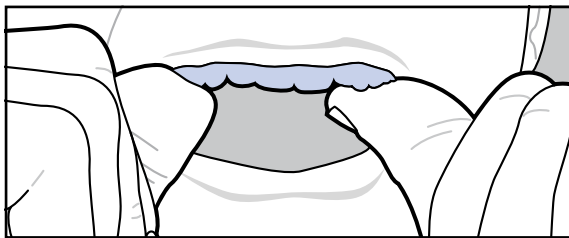
Here are some tips to help ensure proper use and avoid damaging your aligners.

Always remember to

1. Wear your aligners as per your dental practitioner's instructions, usually 20-22 hours per day.
2. Wash your hands thoroughly with soap and water before handling your aligners.
3. Handle only ONE aligner at a time.
4. Rinse your aligners when removing them from the packaging.

### Aligner insertion

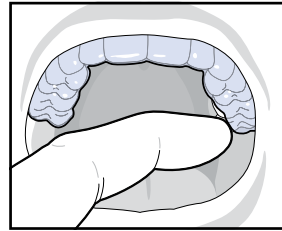
1. Make sure you have the proper aligner – the upper for your top teeth and the lower for your bottom teeth.
2. To help avoid confusion, each aligner is engraved with your unique case number, a "U" for upper and an "L" for lower, followed by the stage number. 
3. You may insert either the upper or lower aligner first. When inserting each aligner, gently push the aligners over your front teeth. Then apply equal pressure, using your fingertips, to the tops of your left and right molars (back teeth) until the aligner snaps into place.



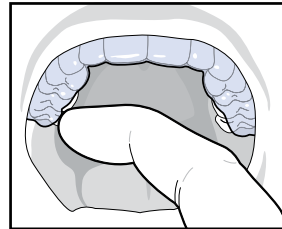
4. Do NOT bite your aligners into position. This may damage them.

**Note:** If you experience sharp pain or significant discomfort, discontinue use of the aligners and contact your dental practitioner.

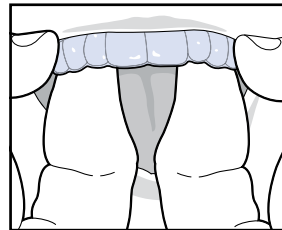
### Aligner removal



1. On one side of your mouth, use your fingertip on the inside of your back molar to slowly pull the aligner from your molars.



2. Repeat this process on the other side of your mouth before trying to completely remove the aligner.



3. Once the aligner is disengaged from the molars on both sides of your mouth, you should be able to slowly work your way forward gently prying the aligner away from your teeth with your fingertips.

#### Note:

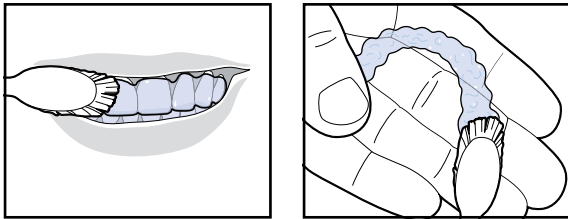
- Immediately rinse aligner with water, shake off excess water and store your aligners in the protective case provided with your starter kit.
- To help prevent damage to the aligners, avoid unnecessary removal.
- Take care when removing your aligners, especially if multiple attachments are being used.
- Do not use excessive force to bend or twist an aligner to get it off.
- DO NOT use any sharp objects to remove your aligners.
- Consult your dental practitioner if your aligners are extremely difficult to remove.

# Daily care and maintenance of your Invisalign aligners.

1. Clean your aligners prior to each insertion. Use a soft bristle toothbrush with water and a small amount of toothpaste. You may find it easiest to clean the outside of your aligners by brushing them while they are still on your teeth, then remove your aligners to clean the inside surfaces.

**Note:** Be sure to rinse each aligner thoroughly with water after each cleaning. We also recommend that you use the Invisalign aligner cleaning products once a week, or as needed.

2. Do NOT use denture cleaners to clean aligners. Do NOT 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. (You do not need to remove your aligners to drink cool water.)
2. Brush and floss your teeth after each meal or snack prior to re-inserting your aligners. If you don't have access to your cleaning system or a toothbrush, you can simply rinse your mouth, and then clean your aligners by holding them under warm running water. It is not the best way to clean, but it works if absolutely necessary. Be sure to thoroughly clean your aligners at your earliest convenience.
3. If you have any questions regarding hygiene techniques, please consult your dental practitioner.
4. Regular dental checkups and cleaning are recommended for the continued health of your teeth and gums.

## Storing your Invisalign aligners

Two aligner cases are included in your starter kit; a blue case and a red (or orange) case. We recommend that you store your Invisalign aligners in a case when they are not in your mouth. This will help protect them from loss and damage.

Designate your blue aligner case for your "current stage". Store the aligners you are currently using (e.g. stage no. 1) in this case.

When it is time to switch up to the next stage (e.g. stage no. 2), transfer the previous aligners (e.g. stage no. 1) to the red (or orange) case. Always keep the most recently used aligners in this case. If your current aligner is lost or broken, your dental practitioner may recommend that you temporarily go back one stage and use the aligners in the red (or orange) case while a replacement is being made.

**Note:** Keep all of your older aligners in a clean plastic bag, or as instructed by your dental practitioner. Keep them out of reach of small children and pets.

# 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 stage. This is normal. It is a sign that the Invisalign aligners are working, moving your teeth to their final destination. This soreness should gradually go away a couple of days after inserting the new aligner in the series. If it doesn't, promptly call your dental practitioner.

**Q:** Will wearing the Invisalign aligners affect my speech?

**A:** Like all orthodontic treatments, the 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 your aligners should disappear.

**Q:** What should I do if my new Invisalign aligner doesn't snap onto my teeth?

**A:** Minor discrepancies between the new aligner and the current tooth position are normal, since the teeth need time to conform to the new aligner position. In the event of significant problems with aligner fit, inform your dental practitioner.

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

**A:** In general, no. Unlike traditional orthodontics, you can usually eat and drink whatever you desire because you remove your aligners while eating. Thus, there is no need to restrict your consumption of any of your favourite foods and snacks, unless otherwise instructed by your dental practitioner.

**Q:** Is it OK to drink hot or cold beverages while wearing Invisalign aligners?

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

**Q:** Can I chew gum while wearing Invisalign aligners?

**A:** NO. Gum will stick to the aligners. We recommend removing your aligners for all snacks and meals.

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

**A:** We discourage tobacco use while wearing aligners because of the possibility of aligner discolouration.

**Q:** Why do some of my aligners have bumps or ridges on them?

**A:** Depending on your specific treatment, some of the movements may require either "attachments" or "ridges" to help the aligner grip the teeth. These bumps, or wells, are where the aligner grips the attachment the dental practitioner places on your teeth. The attachments are actually small pieces of composite the dental practitioner affixes to your teeth that are then gripped by bumps on your aligners. The ridges are slim indentations in your aligners. Your dental practitioner will use one or both of these features to attempt to achieve the desired movement.

**Q:** What if I lose or break an Invisalign aligner?

**A:** In the event that an aligner is lost or broken, you should immediately inform your dental practitioner. Your dental practitioner will probably tell you to start wearing your last set or next set of aligners immediately. He or she will possibly order you a new set of aligners to replace the ones you have lost, which should arrive in a few days.

**Q:** What if I lose or break an attachment?

**A:** In the event that an attachment is lost or broken, you should immediately contact your dental practitioner.

**Note:** If you have additional questions after reading this pamphlet, please consult your dental practitioner.

**Warning:** In rare instances, some patients may be allergic to the plastic aligner material. In such cases, discontinue use and consult a healthcare professional immediately. Align Technology must also be notified. Orthodontic appliances, or parts thereof, may be accidentally swallowed or aspirated and may be harmful.