



Tips & Tricks:

- 1) Go to Costco, Sam's Club, etc. and buy Oral B Glide Floss, soft bristled toothbrushes, and travel toothpastes in bulk and have to-go baggies with floss, toothbrush, and toothpaste **EVERYWHERE!** Have one in the car, work bag, gym bag, office desk, your mom's house, etc.
- 2) Buy in-office or go to amazon.com and buy '**Aligner Chewies**' & '**Retainer Brite**.'
 - a. The chewies are green or white rubber rolls that you bite down on for 30 seconds every time you place your trays back in to seat them a few extra microns. Studies have shown that doing this every time you place them back in achieves much better final results! Keep one or two of them in your case with your trays.
 - b. **Retainer Brite** is like alka-seltzer tablets used to clean your trays. Drop your trays in a glass of water with a half or full tab once or twice a week to keep them fresh and clean.
- 3) Brush your trays (inside and outside) with soft toothbrush once a day. You can brush the trays while in your mouth as well.
- 4) Be honest with yourself, if you don't wear a tray for the proper amount of time (22 hours a day), you should wear it longer, if for one day you wore the tray less than 20-22 hours then you need to add one more full week of wearing that tray before switching to the next tray. Think of moving teeth as rolling a boulder up a hill, when you take the trays out is like releasing the boulder, the boulder will roll back downhill, your teeth will want to revert in the same way.
- 5) When **changing to a new tray**, it is ideal for it to be worn 8-10 hours straight before removing it. When advancing to another tray, switch to that new tray at night before you go to bed and do not remove it until the next morning.
- 6) Have an eating and drinking regiment. Plan 4 meals/snacks a day and set a 25 minute timer.
- 7) When placing trays back in I highly recommend brushing and flossing before each time. If you are out and about or on the move and can't fully brush and floss, some options are:
 - a. floss and rinse with water
 - b. brush without toothpaste and rinse with water
 - c. rinse with water or alcohol-free mouthwash
- 8) If you're into recycling or if you're a frugal person. Some people have been known to use the same piece of floss for a day or two before taking out a new piece. Leave it in your tray case with the chewies. We won't judge you, but we can't speak for your friends and family, but it's your journey. :)
- 9) Some teeth may feel loose during your transitional bites (the way your teeth come together in between your initial bite and the final position). **Cut up hard/crunchy foods** that need to be bitten with your front teeth or any food that needs to be torn away from something and place them on your back molars to chew (like carrots, apples, ribs, wings, corn on the cob etc.).
- 10) To those who have had IPR or 'smoothing' in between some teeth. Those spots can be food traps and get lots of stuff caught in them. I suggest making a knot in your floss and run that through the opening to get the food out more effectively. Those spaces will close over time as you progress towards your final bite.



- 11) After *Retainer Phase* (4 months of full-time wear) you should wear your retainers every night for 1.5 years. If you want to guarantee that your teeth will not shift back and make sure you need to buy *Invisalign* again I'd suggest sleeping with them for the rest of your life. You should keep wearing them every night to protect your investment! If not every night, at least every weeknight for the rest of your life. By then though, you will be so used to sleeping with them that it will feel weird without them. They also act as night guards protecting your enamel from grinding wear.
- 12) You can buy **Whitening** gel tubes from amazon.com or in-office at any point and use your trays or retainers as custom whitening trays. Place the gel in single pearl droplets per tooth or in one continuous band in trays and teeth you want to whiten. Place trays in and wipe the excess gel with a moist paper towel. Note that teeth with crowns or fillings will not whiten or change color. But teeth WILL whiten under your buttons/attachments.
 - a. If your teeth/gums are sensitive, buy Sensodyne or Colgate Sensitive toothpaste and place small amount in trays and wear overnight for 14 days before you start whitening.
 - b. Choose only one gel depending on your preference and sensitivity:
 - i. Opalescence PF 10% - wear for 8-10 hours overnight.
 - ii. Opalescence PF 15% - wear for 6-8 hours overnight.
 - iii. Opalescence PF 35% - wear for 25-30 minutes then remove and rinse.
 - c. Whiten your teeth until you are a shade brighter than your desired result, because over the next 2 weeks your teeth will 'rebound' down one shade darker.

ENJOY THE JOURNEY!!