



Congratulations! You are possibly beginning your *Invisalign* journey! You are one step closer to a healthier and happier smile! The benefits of straighter teeth are as follows:

- 1) *Less Cavities* due to less plaque/bacterial buildup.
- 2) *Less Gum Disease* due to less gum and bone irritation from plaque.
- 3) *Reduces wear and damage done by grinding* by balancing your bite.
- 4) *Prevents gum recession* by balancing your bite.
- 5) As a final by-product, *your smile looks better too!*

Your trays and retainers also serve as **CUSTOM WHITENING TRAYS & NIGHT GUARDS** during and after treatment.

### **What You Should Know:**

- 1) Most people require attachments (aka buttons or attachments).
  - a. Small white fillings attached to some of your teeth to help the trays move your teeth faster & more effectively. No numbing is required and they will be polished off at the end of treatment with your teeth no worse for wear.
- 2) Some people require IPR (Interproximal Reduction, aka smoothing/skinnying some teeth).
  - a. Some people who have moderate to severe crowding require IPR to move their teeth into proper position. Whenever possible I exhaust all options to not perform IPR. But in some cases it is necessary for the healthiest result.
  - b. Fractions of a millimeter (less than a quarter of the width of a dime) will be smoothed in between some teeth using small diamond strips or handpiece. No numbing is needed and it DOES NOT weaken your teeth.
- 3) Trays need to be worn minimum 22 hours a day for proper results.
- 4) Change trays every week (7 days). Change trays at night before bed when advancing.
- 5) You can eat and drink with the trays in, but I DO NOT RECOMMEND IT. I suggest taking them out for everything besides water. You can trap sugars and food in the tray right next to your teeth and can develop cavities or stained teeth. You take the risk and accept the consequences if further treatment is needed.
- 6) It is recommended to floss and brush your teeth every time before you place your trays back in.
- 7) You will go through many *transitional* bites and some of your teeth may feel slightly "loose." If that's the case then take it easy on your teeth when chewing and be careful on hard/crunchy foods at those times.
- 8) *Active Phase* (is when your teeth are moving) can last anywhere from 1 to 14 months (depending on how many trays you need).
- 9) After *Active Phase* you will enter *Retainer* phase, where you need to wear the retainers full-time (20-22 hrs a day) for the first 4 months after *Active Phase*. You then will only wear them at night (8-12 hours) when you sleep for at least 1.5 years after *Active Phase*. After that it is recommended to wear them every night or at least every weeknight but that is up to you!
- 10) Some people need a *Refinement/Phase 2* period (which means more Active trays) or bite adjustment at end of *Active Phase* to achieve desired results before we move to *Retainer Phase*.