



dr. m Aligner
Instructions

22 is the magic number!!

They need to be worn **22 hours a day, every day**.

Aligners should only be removed for eating,
brushing and flossing.

Good oral health is ALWAYS a must

DO's

Brush your teeth 3x a day & Floss 1x a day

Clean your aligners when you clean your teeth

Make sure to keep your attachments clean

Rinse your mouth after eating

DON'Ts

Drink anything but water with aligners in place

Place aligners onto dirty teeth

Wear cloudy/dirty aligners



Before Invisalign



Poor Hygiene

Cleaning your Aligners



96 tablets
3 month supply

Retainer
BRITE
Cleaning Tablets



- ▶ **Kills 99%** of 7 Common Odor-Causing Bacteria*
- ▶ Helps Remove Plaque & Tartar
- ▶ Cleans & Brightens Removable Dental Appliances



Chewie Exercises

WHEN: Morning & night for the first 3 days of each new aligner (at a minimum).

*** The more the better! Make it an everyday routine if you can.

HOW LONG: 10 minutes each session

EXERCISES:

Chew like gum

Bite and Hold 5 seconds and walk around mouth



DO NOT TOSS THE CHEWIES, THEY ARE REUSABLE :)

When to Chewie More!



Good Fit :)



Poor Fit :(

If you see a gap Do NOT transition to your next aligner

Bite down and hold the chewie for 5 seconds, then release.

Repeat for 10 minutes.

Do 3x per day until the gap is reduced, then move onto next aligner.

Keep your aligners safe

When they are not in your face, store them in a case.

Keep away from dogs.

Never wrap them in a napkin.



New and Old Aligners

Keep all used aligners and store them in a safe place

Bring any unworn aligners to your next appointment

What to expect

You may experience some achiness

Soft diet and OTC pain relievers as needed

Place new aligners in before bedtime to improve comfort



Rough Edge, No Problem



Accidents Happen

Broken, cracked, or lost aligner?

Notify the office as soon as possible.

An attachment comes off a tooth?

No worries. Not an emergency, just notify us at your next appointment.

Visits to Your Dentist

Continue regular check-ups and cleanings with your general dentist.

Dental work during treatment?

Please notify our office



Dr M estimated a treatment time of _____ months.

This is your 1st series of aligners.

You may get a 2nd series and possibly a 3rd as we fine tune your smile.

Just a note.

Setting you up for SUCCESS

If you do not wear your aligners as directed, you may not get the best and most ideal result.

