



## INVISALIGN PATIENT INSTRUCTIONS

The success of the Invisalign System is a partnership between Dr. Yoshikane, Align Technology, and YOU. Your job is to precisely follow the guidelines we have listed below, so you can have the smile you desire!

- **Trays must be worn 20 hours** or more a day for 2 weeks, or as prescribed. Only remove the trays to eat, drink, brush, and floss.
- Please bring all trays to each appointment new and used. This is important in case we need to adjust any trays.
- If you are using an acceleration device every day, you can change the trays faster as prescribed.
- Tooth colored attachments or buttons will be bonded to the teeth to aid in specific movements or for elastics. In the event any attachments come off, let us know right away. Continue to wear trays even if an attachment comes off.
- Please download the Invisalign app. There is a QR code on your Invisalign bag you can take a picture of, and all your information will be downloaded on to the app. It will prompt you to take photos which will be used for our virtual portal. If you would like to have virtual appointments, you will be given a kit with cheek retractors for the photos. Please have someone help you take the photos and be sure to have good lighting. 😊
- When inserting the trays, check the number on each tray and make sure it's correct. Gently slip them over the front teeth. Then apply equal pressure on both sides of the tray, sliding the fingers to the back of the mouth until the tray snaps into place. **Do not bite** them in or they may break or flatten. When removing the trays, place the fingers on one or both sides to gently lift the back portion off the teeth, then move the fingers to the front portion and remove the trays completely and put them in your case. Often, taking the trays out from the palate or tongue-side makes it easier.
- Do not eat or drink anything but water with your trays. Do not soak the trays in tinted mouthwash. You may use Efferdent, Invisalign cleaning crystals or Hydrogen Peroxide to freshen the trays.
- Brush your teeth after each meal and prior to re-inserting the trays. Clean the trays prior to each insertion with a toothbrush, toothpaste or soap and cool water. Be sure to rinse very well after each cleaning, wearing your trays over plaque or food may result in decay.

- Chew on the Therabite (U- shaped plastic wafer) or green chewie (green cylinder shape) lightly for 20 minutes every day. Wear your elastics as directed. Do not wear the elastics without the trays in.
- Always store the trays in their case and avoid extreme temperatures. **Please keep all trays until your treatment is complete and bring trays to your next visit.**

*When progressing to a new set of trays...*

- Start new trays at bedtime so your teeth can do their initial movement while you sleep. You may experience a mild achy feeling, this is ok. This simply means your teeth are moving! For the discomfort, take what you normally take for a headache. It should not last beyond two or three days if the trays are being worn properly.
- Small gapping between the tray and tooth is normal when putting in a new tray, however, if the gap is present when it is time to change to the next tray this means the tooth has not fully moved. Do not change your tray, wear it for a few extra days and use your therabite/chewy until seated properly. If you have any concerns call us and we will have you come in.
- **If cooperation is not excellent, there may be a need to place fixed appliances or braces in order to finish your treatment to our mutual satisfaction. This may result in extended treatment time and an additional fee.**
- After the first series of trays, a new scan will usually be needed to make **more trays for refinement** and detailing of the teeth. This is part of your treatment plan, and there is no additional charge for this if you have been wearing the trays properly. There may be a charge if you have not worn your trays properly.
- To use our Invisalign guarantee, please let us know within 30 days of your initial delivery of Invisalign trays if you are unable to wear your Invisalign properly and need to switch to braces.
- In the event of loss or breakage, contact us promptly (760) 942-1132. We know sometimes life happens, so if you need to replace up to 3 sets of trays, we have you covered. After that, there is a lab fee to replace lost or broken trays. **Please let us know if you have any questions. We are here to take care of you, and we can't wait to see your new smile!**

Dr Yoshikane and Team  
(760) 942-1132