

User Manual Invisalign





**Enhance
Dental**

Welcome to the journey to a more confident smile with Invisalign! This was your first step towards a perfect, more beautiful and aligned smile, with a system of transparent aligners carefully chosen to provide you with a discreet, elegant and very comfortable experience throughout your orthodontic treatment.

When using Invisalign, you will enjoy the freedom to remove it during meals and oral hygiene, maintaining practicality in your daily life.

We are here to support you at every stage of the process. Remember to use the aligners as directed, changing them according to the established schedule. This is a fundamental step to ensure the success of the treatment and achieve the desired results within the estimated time frame.

Welcome to the Invisalign family, where every smile tells a unique story!

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○ What can happen in adaptation?

**It is important to highlight that these symptoms during the adaptation process
They are normal and can vary from person to person.**

- Pressure or Bite Adjustment
- Slightly Impaired Speech
- Increased Salivation
- Headaches upon waking
- Discomfort or Sensitivity (chewing)



In the first days...

In the first few days it is important to take some precautions to facilitate adaptation and ensure the success of the treatment. Here are some recommendations:

Use Aligners Regularly: They should be worn for 20 to 22 hours a day.

Proper Removal: It is normal for the aligner to have greater retention, making it more difficult to remove.

Regular Oral Hygiene: Maintain oral hygiene routine to avoid the accumulation of food waste.





Care with Food and Drinks: Avoid consuming hot foods or drinks, sticky foods that can stick, hard foods and chewing gum, as all of these can compromise the integrity of the aligners.

Adaptation to Speech: Practice talking to your aligners. In the first few days, you may notice a slight change in your speech, but this improves with time and practice.

Water is Always a Friend: Drinking water regularly can help to minimize excessive salivation and keep the mouth fresh.

Wait for your bite to adapt: In the first few days the aligner is “harder” due to the few movements carried out, then it will adjust better.



Adaptation and evolution from the bite

First day with Aligner:

- Heavy bite
- Very rigid aligner
- Discomfort in speaking with attaches

One week with aligner

- Bite with the aligner better than without the aligner
- More malleable aligner
- Almost no discomfort with speech and attachments
- Less sensation of volume in the mouth

Third day with aligner

- Lighter balanced bite
- Less rigid aligner
- Minor discomfort with speech and attachments
- Voluminous mouthfeel

One month with aligner

- Correct bite
- Aligner 80% more adapted to the mouth
- Normal speech and resins already adapted in the mouth
- Sensation of volume in the mouth already controlled

How to save your aligner



Storing your aligner correctly is essential to ensure and maintain oral hygiene.

Own Cash: This box is designed to protect the aligners from damage and contamination, it has no ventilation, so avoid storing the aligner wet inside it to prevent it from getting a bad smell.

Avoid Inappropriate Locations: Do not place aligners on napkins, paper, or any surface that may expose them to dirt or bacteria.

Keep Away From Excessive Heat: Avoid leaving the aligners exposed to high temperatures, such as in sunny places, to avoid deformation.

Wash Before Storing: Always rinse aligners under running water before putting them back in your mouth or storing them.

What to do with the previous aligner after each change?

**When you switch to a new set of aligners,
Know what to do with your anterior aligner.**

Save as Backup: In cases of accidental loss or damage to your current aligner, having a previous one available can be helpful until you can obtain a replacement.

Easy Identification: Label old aligners clearly and neatly, indicating the order in which they were used. This will make it easier to identify if you need to return to a previous stage of treatment.

Consultation with the Orthodontist: If you have questions or concerns about the progress of your treatment, bring your anterior aligners to your orthodontist for an appointment. He or she will be able to evaluate the changes and adjust the treatment plan if necessary.

In case of loss, let us know so we can expedite your return to the clinic and in the meantime, return using your previous aligner.

How to remove your aligners

Wash your hands for good hygiene and stand in front of a mirror. Use your fingertips or a specific tool called an “Invisalign Hook” to fit the back of the aligners on both sides. If using your fingers, start at the back of one side, always removing from the inside.

When the back is firm, gradually release the aligner. Do this on both sides. After releasing the back, use your fingers or the tool to lift the aligner from your front teeth. If you encounter resistance, don't force it. Be careful not to break the aligner. When removing the aligners, store them in the box to avoid loss and ensure hygiene.

Over time, you will get used to this process and removal of aligners if will make the task quick and easy.

How to clean the your aligner



Keeping Invisalign aligners clean is crucial to preserving oral health.

Daily Brushing: Brush them at least twice a day, with a soft toothbrush and running water.

Using Invisalign Tabs: You can use it as an option. Place the tablet together with the aligner in $\frac{1}{2}$ glass of water and let it act for 10 minutes.

Milton's solution: Another hygiene option. Place the aligner in $\frac{1}{2}$ cup of water with half a capful of the solution for 10 minutes.

Avoid Hot Water and chemicals (mouthwash): Avoid using them for cleaning as this may deform them.

Keep the box clean: Regularly clean the box that you keep the aligners.

This prevents the proliferation of bacteria.

Food and drinks

Do not eat or drink with the aligners. Avoid eating or drinking (except water)

while using the aligners to avoid stains and residues, especially foods that contain dyes, such as coffee, soft drinks, wine, teas, etc.



Resins/Attachments



Attachments are small dots of resin that are strategically applied to aligners to help move teeth in a controlled and efficient way during orthodontic treatment.

In the first few days they are “higher”, but the tendency is to decrease over time.

It is more likely to come loose in the first 24 hours and the first few weeks, but if this happens, **don't despair**, tell your orthodontist and you will soon return for your appointment and have it glued again.

Why might this happen? Because you are still adapting to the way of removing the aligner, and some greater pressure may occur. But rest assured, it will not affect or delay your treatment.

Important tip: Always remove the aligner from the inside, do not remove from the outside.

What to do on party or event days?

It is very important to follow the usage time indicated by your orthodontist, which is **20 to 22 hours a day**, as this will affect the progress and effectiveness of your treatment.

If you have a party or event, extend the use and change the day after the supposed day of change (Ex: if you were supposed to change on the tenth day, you will postpone changing the aligner until the eleventh day).



What is it for the Chewies?



"Chewies" are small silicone or rubber cylinders. They are designed to assist in the proper seating of aligners, improving adaptation and treatment effectiveness.

Seating and adjusting the aligners: When you bite down on the chewie, the pressure exerted helps to fit the aligners and evenly distribute their pressure over your teeth.

Relief from Initial Discomfort: Relieves the discomfort of pressure when changing aligners.

How to use Chewies?

Easy to use: With the aligners in your mouth, take a chewie and start with the back teeth and slowly move it from right to left, passing through all the teeth.

Hygiene: You can reuse your chewie and perform hygiene in the same way as with the aligner. Make sure to keep it clean to prevent bacteria from growing.

Replacement: As soon as you feel that your chewie is too soft, replace it with a new one.



What is the objective of Tracking?



"Tracking" ensures the correct movement of the aligners.

If an aligner loses tracking, it means that it will not fit correctly. This occurs for several reasons:

Change in Fit: Changes in the position of the teeth throughout treatment can affect the fit of the aligners.

Not Following Instructions: If the patient is not using the aligners as directed.

Bad Hygiene: Buildup of debris or bacteria in the aligners can interfere with proper fit.

Usage Time: Aligners that wear out and are at the end of their service life may lose tracking.

To avoid losing "tracking", Always follow the instructions given by your orthodontist, respect the usage time and change days, and don't forget to use your "chewies".

If an aligner loses tracking, It is important to contact your orthodontist. Ignoring loss of tracking can compromise treatment results and prolong treatment duration.

Always upload photos to the My Invisalign app.

My Invisalign app

My Invisalign is a tool to help you manage your treatment with Invisalign aligners effectively and conveniently.

By using the app, you can track your progress, receive personalized support and guidance, and ensure you are correctly following your orthodontist's recommendations to achieve the best results possible.

It is very important to use this application, as this way your orthodontist can monitor your treatment every time you change your aligner. It is available for download on mobile devices, making it easy and convenient to access My Invisalign information and resources anytime, anywhere.





Application features

Record of Aligner Use: allows you to record the daily use time of the aligners. This helps ensure that they are being used according to the orthodontist recommendations.

Reminders and Notifications: sends reminders and notifications to remind you to change your aligners according to the schedule established by your orthodontist.

Progress Tracking: You can view treatment progress over time, including the next step in treatment and changes to aligners.

Tips and Guidelines: offers helpful tips and guidance to help you maximize treatment results and maintain good oral health.

Direct Contact with the Orthodontist: You can contact your orthodontist directly through the app to ask questions or report problems.

Instructional Videos: It provides instructional videos that demonstrate techniques for placing and removing aligners, as well as oral hygiene tips.

Fill in the total number of aligners for your treatment

Fill in the number of days you will wear that aligner (10 days according to our protocol)

Adjust the initial aligner number

Set a time to remember to change the aligners (I suggest always changing them at night, as the greatest pressure will be applied when you are sleeping).

Allow to receive notifications from the app (if you don't allow it, it will not show aligner change reminders).

With this app you can control how long you use the aligner, as well as having your own gallery to take photos of each aligner.

Don't forget to use the app, it is extremely important for the progress of your treatment!



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Thank you for placing
your trust in us and
believing in our
work to take care
of your smile!

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