

Aligner Treatment Handbook



Ready to Get Started?

Over the course of your treatment, your removable and comfortable Invisalign clear aligners will gently work to straighten your teeth and correct your bite.

For a successful journey, we have listed some important steps for you to follow throughout treatment.



Each aligner is individually numbered to help you keep them in treatment order.

Store your current aligner in the provided case when not being worn.



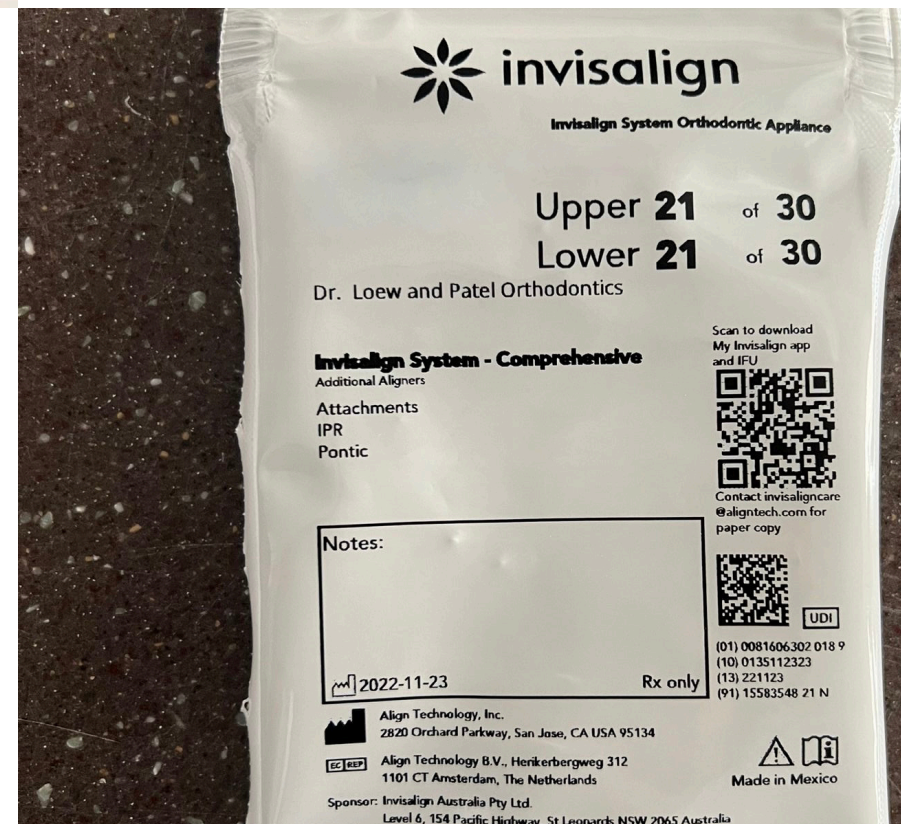
If you lose or damage your current aligner, please call us to determine the next steps and wear the last or the next aligner mean time.





Please do not wrap the trays in napkins or paper towels or place them in your pocket. They can get lost, broken or thrown out.

Each try comes in a plastic bag labeled with your name and the aligner number. After you are done with your current try and move onto the next, place your trays back into the numbered pouch to keep track of them. Keep all your old trays in their designated pouches until your treatment is complete.





Remove your aligners before eating or drinking anything, including chewing gum.

Please brush your aligners and your teeth after any meal or beverage.

Keep aligners away from pets, hot cars and hot water.





If you notice any discoloration on the tray or buildup, we suggest using the solution Steraligner. We have Steraligner available for purchase at each office.

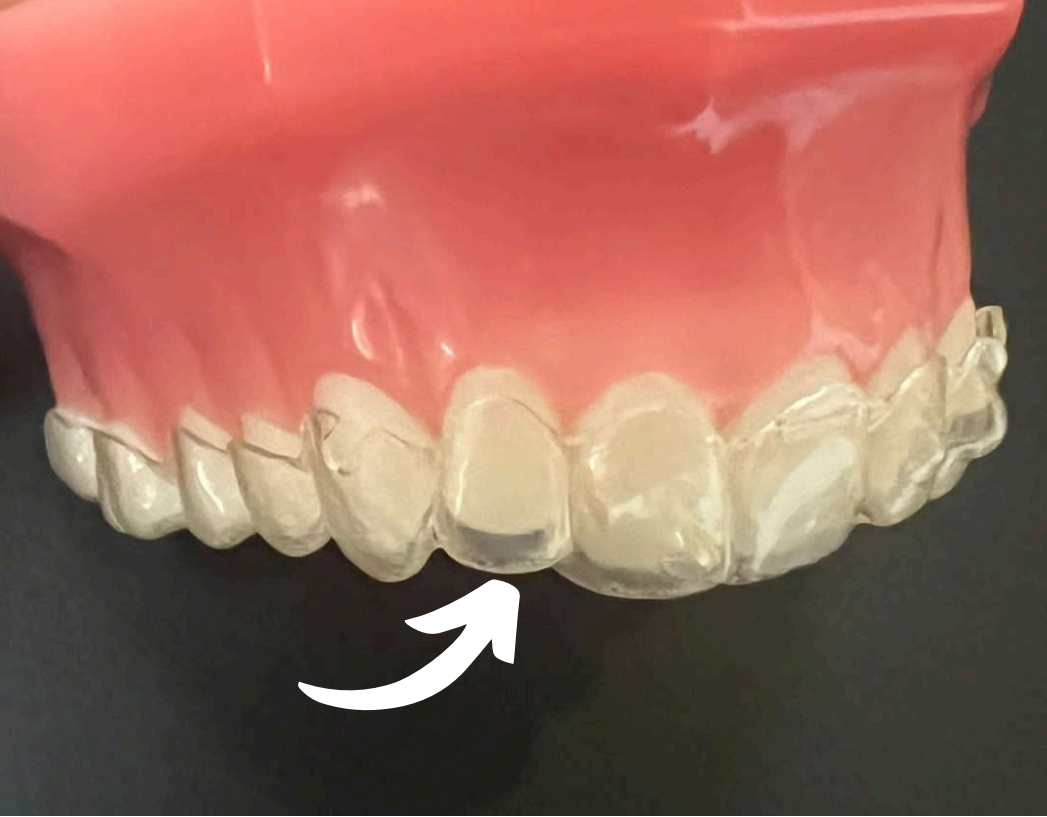


We recommend wearing your aligners for 20–22 hours per day for best and fastest results. Elastics, as directed by the doctor.



The attachments on your teeth are critical. If one becomes displaced, please contact our office as soon as possible and do not proceed to the next aligner.





Do not progress to the next aligner if there is a visible gap between the tooth and your current aligner. Continue wearing your current aligners until the gap resolves.

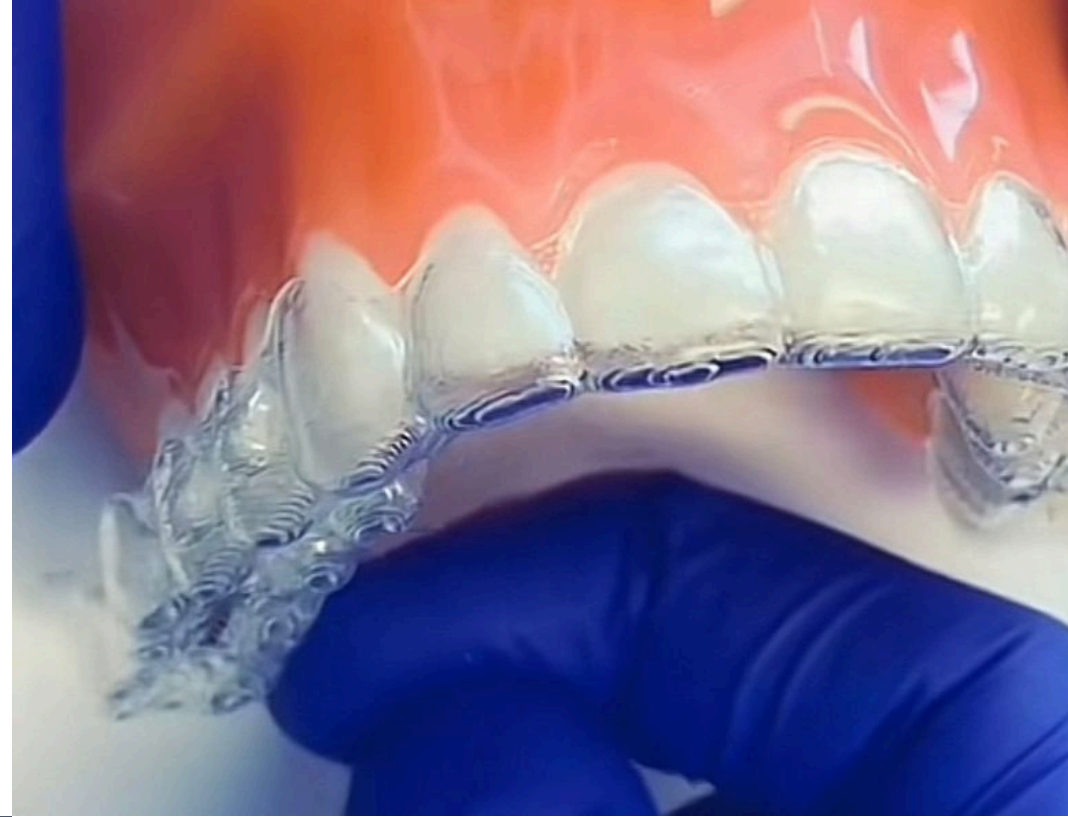
On the picture to the left you can see a gap between the tooth and aligner that requires attention.

Using chewies or chew on the end of a toothbrush 3-4 times per day for 5 minutes at a time. This is critical to eliminate the space between the aligners and your teeth.





The safest way to remove aligners is by gently pulling down from the furthest molar, preferably from the inside.



As your teeth move, some slight soreness is normal and can be managed with acetaminophen. When progressing to a new set of aligners, we recommend you make the switch at bedtime to minimize discomfort.

If part of an aligner is causing irritation, try lightly smoothing it with a nail file.





With our at home scanning*, Invisalign patients can scan their smile for weekly feedback from our doctors to ensure their new smile is on track. Checking in has never been easier!

*For patients who qualify for at home scanning

Tip: Make sure to turn the volume up during the scanning process to hear the assistant talk you through the steps.



Scan Position 1

Scan with your aligners out and teeth together.

Scan Position 2

Scan with your aligners out and teeth finger width apart.

Scan Position 3

Scan with your aligners in, making sure they are fully seated and teeth finger width apart.

Once you send us your scans using the Dental Monitoring App, we will message you to either move on to your next aligner or stay in your current aligner depending on the doctor's assessment of your aligner's fit.

Your smile progress is stored along with all treatment messages so you can track your results and review feedback at any time.





It may take a couple of days to get used to wearing your aligners and how they feel in your mouth. Things will soon get better! Many patients say that after a while they forget they are even wearing aligners!





Share photos of your smile during Invisalign treatment! Please tag us on social media using @loewandpatelorthodontics and #lpo for a chance to be featured on our social media!



We will email you a video of your treatment upon request.
Feel free to share it with your friends and family to let them
see your treatment goals.

We are dedicated to giving you the best experience on your
journey toward a better smile. We look forward to working
with you to create a beautiful healthy smile!





Questions?

We invite you to contact any of our offices directly or message us through the Dental Monitoring app.



Flemington

908.782.7626



Bridgewater

908.722.5233



Annandale

908.735.7620