

Welcome to ALIGNERS



Congratulations on starting your orthodontic treatment! We are here to help you through this entire journey.

WHAT TO EXPECT

The first couple of days will be spent getting used to wearing your aligners. You may find that your speech sounds funny, but that usually takes a few days to feel normal again. Teeth can sometimes feel sore throughout treatment especially when starting a new aligner

HOW TO USE

At your start appointment, attachments are usually placed on your teeth to help assist in movements. These attachments are tooth colored and small in size. You are also given your first series of aligners.

Each aligner goes in numeric order and will be worn for _____ days.
Aligners should be worn for a minimum of 20-22 hours a day

Ideally you will only remove aligners when eating or brushing your teeth. The more they are worn, the easier the next aligner will fit. Always use your fingers to make sure your aligner is fully seated. There should be little to no gap between the teeth and the aligner

CLEAN & CARE

Whenever you remove your aligner to eat or drink anything besides water, always try to brush your teeth before replacing. If you cannot brush your teeth it is beneficial to swish with water or mouthwash. Your aligners should be cleaned nightly with a toothbrush and mild soap (not toothpaste) or an aligner cleaning solution. It is also important to follow proper oral hygiene techniques. When the aligners are not in your mouth they should always be in a case. In your face, in your case, no other place!

ACCIDENTS & REPAIRS

Occasionally a tooth may stop "tracking" with the aligner, meaning that it is not moving as planned. You will see a gap between the tooth and the aligner. If this occurs, extend wear of the current aligner for another week. If the tooth continues to not track, call the office and we will likely bring you in for a consult to see what needs to be done. Also, during treatment an attachment might come off; if that happens call the office. Sometimes we will ask you to come in sooner than your scheduled visit. If you accidentally lose an aligner call the office to see if you should be seen or if you can move on to the next one in the series. If you move on you will wear that aligner for the time missed plus its usual week. Always keep your last set of aligners!

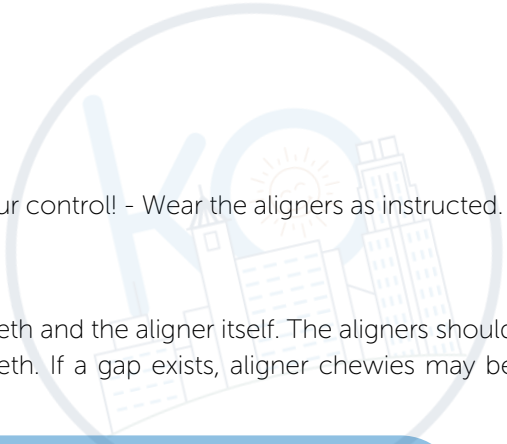


Orthodontic emergencies are rare! If you have any after-hours concerns regarding comfort, please call our office number and follow the prompts to leave a detailed message with our on-call clinical assistant. You will be promptly contacted regarding your concern. For non-urgent needs/questions, send an email to admin@keyserortho.com - emails will be responded to on the next business day.

Raleigh Office
106 Lake Boone Trail
Raleigh, NC 27608
919-782-2119



Knightdale Office
937 Old Knight Road
Knightdale, NC 27545
919-266-2118



TREATMENT PROGRESS

The most important variable for success of your Invisalign treatment is in your control! - Wear the aligners as instructed.

CHECKING FIT

Your aligners should have no visible space seen between the edge of the teeth and the aligner itself. The aligners should always fit tight over the teeth so no space is visible at the edge of the teeth. If a gap exists, aligner chewies may be prescribed.

REMEMBER: DO NOT TRANSITION TO YOUR NEXT ALIGNER UNTIL ALL GAPS BETWEEN THE TEETH AND THE ALIGNER ARE RESOLVED

EXCELLENT TRACKING



GOOD TRACKING: Use Chewie in affected areas



PROBLEM TRACKING: Use Chewie if no improvement call office



POOR TRACKING: Return to best fitting aligner, use chewie, if no improvement call office



CHEWIES

To use the chewie, bite down and hold in the area where the aligner needs to fit better for 5 seconds, then release. Repeat this process for 10 minutes at a time, up to three times per day, until the gap is reduced.

**If you have a history of TMJ, pain, or issues, do not use the chewies. Instead, use steady finger pressure to push the aligner in place, always making sure not to put pressure on your lower jaw if the problem is on the lower teeth.

Orthodontic emergencies are rare! If you have any after-hours concerns regarding comfort, please call our office number and follow the prompts to leave a detailed message with our on-call clinical assistant. You will be promptly contacted regarding your concern. For non-urgent needs/questions, send an email to admin@keyserortho.com - emails will be responded to on the next business day.

Raleigh Office
106 Lake Boone Trail
Raleigh, NC 27608
919-782-2119



Knightdale Office
937 Old Knight Road
Knightdale, NC 27545
919-266-2118