



*Congratulations!*

YOUR JOURNEY TO A STUNNING NEW SMILE HAS BEGUN



WE'RE SO EXCITED TO BE ON THIS JOURNEY WITH YOU  
INCLUDED YOU WILL FIND INSTRUCTIONS FOR YOUR

*Invisalign Treatment*

# Invisalign Treatment

## INSTRUCTIONS

### WEARING ALIGNERS

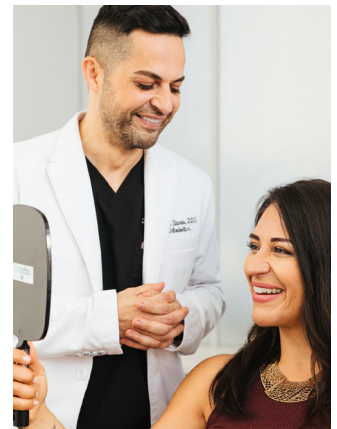
Your aligners should be worn **22 hours per day**. Gently line the aligners up with your teeth and then snap them into place with your fingers or aligner seater (do not bite them into place). You may notice that at first the aligners fit tightly and there will be a feeling of pressure on your teeth. This is normal and a sign that the aligners are working! **Only remove your aligners to eat, drink, and brush/ floss** to ensure your treatment is effective.

### ATTACHMENTS

In order to perform **certain tooth movements**, it may be necessary to bond tooth-colored attachments to several of your teeth. These are usually added at aligner #1, and they are easily polished off at the end of treatment. To remove your aligner after the attachments are placed, you may need to first pull the aligner out toward your cheek and then away from your tooth. We will practice the removal of the aligners with you at your appointment. Attachments can discolor if you don't brush after drinking colored liquids such as coffee, red wine, ect. Please bring your attachment placement template #1 when coming to the office for attachment repairs.

### ALIGNER SEATERS

We provide aligner seaters, a rubbery cushion that helps to seat the aligners **ensuring proper fit**. We recommend that patients use daily throughout treatment for 5-10 minutes. We will let you know if more use is recommended, based on your dental monitoring scan or office visit. The goal of using aligner seaters is to set the aligner around each tooth so that the orthodontic movements can fully be expressed. Aligner seaters can be used multiple times – rinse with water after each use to clean them and **store them in your aligner case or a safe place**.



### IPR (INTERPROXIMAL REDUCTION)

In order to create the space needed to correct crowding without extracting any teeth Dr. Todor may prescribe IPR as part of your treatment plan. Filing with a metal strip or disk creates up to a quarter of a millimeter of space per tooth surface. About the thickness of a few pieces of paper, it is generally not even noticeable. Reducing the friction between tight teeth helps facilitate movement.

### COMFORT

Keep in mind the first 2-3 weeks is an **adjustment period** as your mouth adapts to the aligners. If any part of your aligner is rough, feel free to use a clean nail file or piece of sand paper to smooth the edge. Please contact our office if you feel that part of the aligner plastic needs to be cut off with scissors.

### ELASTICS

Dr. Todor may prescribe you to wear elastics during your aligner treatment to **accomplish tooth movements** that the aligners alone cannot do. If elastics are needed, your trays will have a custom hook carved out of the aligner itself and we will bond a small metal or ceramic hook as a second anchor point on the back teeth. Specific instructions of elastic wear will be given to those patients who require this step in treatment.

### TREATMENT ACCELERATOR

If Dr. Todor prescribes a treatment accelerator you will be provided with a device that helps to **speed up tooth movement** by providing gentle high or low frequency vibration. This helps to seat aligners better accelerating tooth movement, increasing efficiency, and shortening treatment time.



## CHANGING ALIGNERS

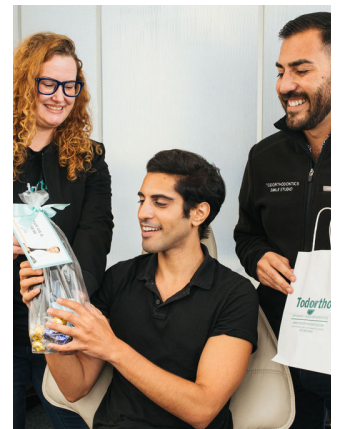
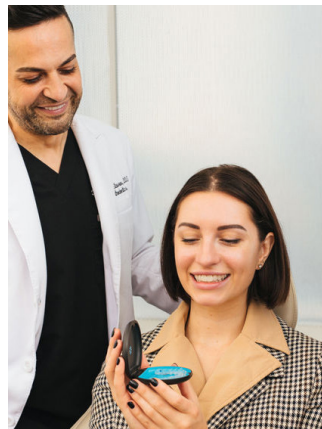
Dr. Todor and the team will advise how often to change your aligners during an office visit or via your weekly dental monitoring scan, **most instances is 7-10 days**. The scan will tell you and us if the teeth do not appear well-seated in the aligner tray, meaning you are not ready to move on to the next set and are advised continue wearing the current set. Once you are done with a set of aligners save them in their numbered bags and bring to your next appointment to place in our **used aligner drop-off bin** for proper disposal.

## DENTAL MONITORING

If Dr. Todor prescribes dental monitoring for your treatment you will be provided with a complimentary device called the Scanbox Pro. This convenient at-home device revolutionizes your **treatment efficiency and keeps your progress in check**. This device is to be used weekly and will communicate vital information back to our team such as if you are ready to move to the next aligner, oral hygiene, if an office visit is needed, ect. Our team is continually able to **monitor your treatment remotely with each scan, increasing efficiency and shortening treatment time**. This also can mean less office visits by providing more regular check-in's from home via the device saving you time.

## SPEECH

Some patients may notice a slight lisp when they first begin wearing aligners. Your mouth muscles will quickly adjust to the new aligners, and the lisp will go away. Everyone reacts differently when they first start aligner treatment. Some patients mention that they have an excess amount of saliva and need to swallow more frequently. Others may experience "dry mouth" at the start of treatment and will need to drink more water than usual. The **human body is amazingly adaptable** however, and usually only requires a short time before the presence of the aligners feels normal.



## FOOD & DRINK

Please remove your aligners for **every type of food or drink except for water**. You may drink water with the aligners in place. Hot liquids and high sugar content drinks should be avoided while wearing the aligners as they will hold the material next to the teeth for prolonged periods of time, increasing the risk of dental cavities. **After a meal, brush/ floss and resume wearing the aligners.**

## CLEANING

Clean your aligners gently with a toothbrush/ dish soap using cool water, at least two times per day. You may also use a clear, non-colored mouthwash to rinse the aligners. Toothpaste/ colored mouthwash can cause aligners to discolor. **Do not use hot or boiling water to clean your aligner**, this may cause the aligner to warp.

## STORING

Your aligners should be worn **22 hours per day**. When eating, drinking, or brushing/flossing place in the cases provided. Label the cases with your name and phone number, in case they are misplaced. Never wrap an aligner in a paper towel or napkin, as it is likely to be thrown away. Keep aligners away from pets and out of direct sunlight or heat.

## AFTER HOURS PROBLEMS

Emergencies involving Invisalign are rare, however, if you have a **true emergency and need immediate attention** (facial trauma/swelling/severe pain), call Dr. Todor at 415.399.9200. Non-emergency situations can be phoned in on the next business day or emailed to Dr. Todor at [info@todorthodontics.com](mailto:info@todorthodontics.com)

# Thank you

FOR TRUSTING US WITH YOUR CARE.  
PLEASE CALL OR EMAIL US WITH ANY QUESTIONS.  
WE'RE HERE TO HELP YOU ACHIEVE  
THE SMILE OF YOUR DREAMS!

