



Can Invisalign achieve the results I am looking for?

Invisalign has developed into a very robust system for orthodontic movements.

It is widely used with and many times can completely replace the old metal bracket braces.

So the answer is yes, it depends if...

Invisalign will work week by week and tray by tray. You have a series of trays to wear.

Each tray is slightly different from the tray prior to it. Each tray will feel tight. Some trays more or less than others. Most patients do not need analgesics but at times you may use Advil or Tylenol as needed. Continual wear (**20-22 hours a day minimum**) and consistent wear will result in predictable movements.

How long will my treatment last?

Each Invisalign tray will move each tooth designated to move by about 0.5mm.

Depending how far each tooth must move we will have more trays with complicated and distant movements.

What is the most important recommendation for successful treatment.

Most important component of treatment is wearing the trays consistently

Equally important is how long the trays are worn each day.

Ideally we would wear the trays 22 hours a day and 7 days a week.

There are times the trays will be removed; mainly for eating, drinking and for cleaning them.

Drink water all day without need to remove. However foods with color or sugar the trays must be removed. Ideally brush the teeth 3 times a day and increase hygiene schedule of cleanings once per year more than usual.

Old school metal braces were in contact with the teeth 24/7 and so effective movement will only occur with a continual pressure given by the aligners. We can consider when the trays are out of

the mouth the teeth will want to move back to their old positions. So continual consistent wear will produce the results we know Invisalign can achieve.

How do I keep my trays clean and disinfected?

Like a small greenhouse aligners provide a warm moist protected area for bacteria to grow. As we stated above be sure to **brush an extra time a day** to keep your teeth clean. A simple cleaning method is to soak the trays for 15-20 minutes every day in **Polident**. It is a simple way to clean and keep your trays crystal clear. We usually recommend you do this during dinner. It will clean the trays prior to bed and help reduce bacteria for night wear.

Helpful hints;

Do NOT bite your trays into place. First position them with your fingers and snap them into place. Then when they are seated you may bite down to be sure they are fully tight. If you bite them in place you can bend them and render that tray useless.

Keep one prior past tray just in case you loose a tray. We will have something to move forward or back into.

Please email or call us as we can guide you as to moving forward, backward or replacing the tray. Reception@citydentist.com or 212-888-3570

Should you loose a tray Invisalign will charge a small fee to replace it. It is beneficial to **use your carrying case** to keep from accidental damage or loss.

If you find you still have a question, please call us or email us anytime!

