

## Glenridge Orthodontics

Group Practice of Board Certified Orthodontists Dr. Evanthia Peikidis & Dr. Vincent Bilello  
Glenridge Orthodontics 65-34 Myrtle Avenue, Glendale, New York 11385, (718) 386-8728  
Smile Today Orthodontics 64 New Hyde Park Road, Garden City NY 11530, (516) 265-1536  
[www.SmileTodayOrthodontics.com](http://www.SmileTodayOrthodontics.com) Email: [info@GlenridgeOrthodontics.com](mailto:info@GlenridgeOrthodontics.com)

### Your Aligners



It is a FDA approved medical device. Invisalign aligners are classified as Class II medical devices by the FDA, and Align Technology, Inc. has held the necessary 510K clearance from the FDA since 1998 to be able to sell and market the Invisalign system. Only a doctor can provide a Class II medical device to patients.

#### Instructions:

**Wear the trays for MORE than 22 hours a day.**

More than 22 hours per day wear is needed for alignment to work. Failure to wear the aligners will result in relapse and actually going backwards by months when a patient doesn't wear the trays for more than one week.

If you want invisalign to work as well as braces you need to wear it 23 ½ hours per day.

**You can drink with the invisalign on.**

Rinse with water if your drink contains sugar or anything with color. Add milk to coffee to lessen chance that it will stain teeth.

**You can eat some non-sticky foods with invisalign on at home.**

You must remove the invisalign to clean it and your teeth within 10 minutes after eating. Carrots, pancake, waffle, cookies, popcorn and bananas. It is weird when you first do this.

Try this **only at home** at with a tray you are going to change in a day at first.

Don't chew gum with it on. It will stick to the invisalign plastic.

Remember to always remove after 10 minutes to fully clean it and your teeth.

Eating with the trays on will make your teeth move faster and allow you to change the trays more quickly.

But you must get them very clean 10 minutes after you eat with them on.

**Always keep your teeth as clean as possible.**

Brush in circular motions and always floss to remove all bacterial plaque.

Be aware of open contacts. Most open contacts have to be closed tight so the floss snaps, at the end of a batch of trays let the doctor know during the refinement impression that you have some open contacts.

**Always keep your trays as clean as possible**

Brush the invisalign trays out of your mouth with dish soap.

Dish soap works better than toothpaste and anything else you can buy.

Rinse the trays well so that it doesn't taste like soap.

You can also then brush them with tooth paste to give them a good taste. After cleaning your teeth and the trays, while wearing them, rinse with a little Listerine. This will give you a nice taste for most of the day and keep a little bit. Polydent denture cleaner will also work well if you can't seem to get them clean, mostly when the trays need to last more than a week.

**You can chew into the trays to get them to fit better.**

This also stretches the ligament around the tooth to allow the teeth to move better.

You may need to use Chewies to get the trays to seat fully for some anterior teeth. The Chewie is a small rubber roll that you chew into. Chew into it at home for about a minute ten time in a row. Do not tire your muscles out too much. You will see how this gets the trays to fit better and it also activates and stretches the ligament to allow the teeth to move better.

**Placing and Removing the trays**

Snap in the tray, it will stay in by itself. Peel the tray off from the back.

Rinse the tray with soap and water during the day when you remove to eat to keep it clean.

#### **Tongue Irritation**

Invisalign is the most expensive clear aligner on the market. There is no more comfortable product out there. It can have its problems though. A curious tongue will get cut up the most. Keep from feeling around the edges of the tray. Also sometimes a new tray can spread out too much in the back. This may resolve over a few days of wear from the teeth moving more closely into the tray. If it doesn't get better, you may have to squeeze and curl in the edges of the tray, not to cut them at first. This usually works. If it doesn't, switch to the next tray as long as it fits. In rare cases there can be a defect in the tray and it needs to be cut or you need to advance to the next trays because the next tray actually fits better. This is rare, usually doesn't happen with the 99 trays but can happen.

#### **Never Stop Wearing the Trays**

Once you stop wearing your invisalign trays, your teeth will shift and become crooked. When we have the final result, you will not change your trays at all. You will stay at that number tray until that tray breaks. You will only then wear the aligners maybe 8-12 hours a night, only if your teeth are fully stable and fully fit to the edge of the tray.

**If you have any further questions about your invisalign please give us a call**