



**Congratulations on your decision to use Invisalign to straighten your teeth and give you a beautiful smile you'll be proud to show off! It is important that you understand your treatment and responsibilities to ensure a successful result.**

- **Some discomfort is normal!** You may experience some discomfort for a couple days as the aligners apply pressure to your teeth in order to move them. You may take anything for pain relief except Advil (Ibuprofen) as this can inhibit tooth movement.
- **Wear your aligners full time!** 20-22 hours a day. Remember - they will only work if you wear them!
- **Follow the schedule!** Do not advance to your next set of aligners before the date on your provided schedule unless you are otherwise advised by your dentist.
- **Remove aligners if you are drinking hot beverages!** Hot beverages can distort the aligners as they are made from a plastic resin.
- **Do not drink dark beverages with aligners in!** This can cause your aligners to stain. This includes wine, colas, coffee, and tea.
- **Always store aligners in the provided case!** Do not put aligners in/on a napkin while eating as they tend to get thrown away!
- **Keep your aligners clean!** Use a mild soap and warm water to clean them, as toothpaste can be abrasive and cause tiny scratches in the aligners. This can make them stain faster. Clean them whenever you brush your teeth- ideally twice a day.
- **Keep aligners away from pets!** Dogs especially like to chew on dental appliances.

#### **Help! I lost my retainers/they have become damaged!**

Contact our office as soon as possible so we can order you another set of aligners. Go back and wear your previous set of aligners until we receive your replacement set. We will contact you when we receive them and you can pick them up from the office.

#### **Help! One of my attachments came off!**

You may have small, tooth coloured "buttons" to help the aligners move your teeth. If you notice that one has fallen off, contact the office so we can book an appointment to replace the missing attachment.

**Please keep your previous sets of aligners just in case you lose your current set or they get damaged.**

**We are here to help!** Please contact the office at **306-525-2577** if you have any questions or concerns regarding your Invisalign treatment.