

## INVISALIGN DAILY HOMECARE & MAINTENANCE

1. Aligners should be cleaned prior to each insertion using a soft bristle toothbrush with water.  
NOTE: Be sure that each aligned is rinsed thoroughly with water after each cleaning.
2. Always store aligners in a cool, dry place.
3. Do NOT soak aligners in mouthwash. This can damage the surface of the aligner, causing it to become dull and more visible. We recommend using denture cleaner (Efferdent) 1x per day for 30 minutes to keep your aligners clean.
4. Dental tenderness may be experienced following initial aligner placement and after switching to each new aligner in the series.
5. Your bite may change throughout the course of treatment and may result in temporary patient discomfort.
6. Failure to wear the appliances for the prescribed number of hours per day and/or not using the product as directed can lengthen the treatment time and affect the ability to achieve the desired results.
7. The product may temporarily affect speech and may result in a lisp, although any speech impediment associated with the product usually disappears within one or two weeks.

## PROPER ORAL HYGIENE

**Proper oral hygiene is crucial during Invisalign treatment. Failure to brush and floss properly during treatment, or consuming food or beverages containing sugar while wearing aligners may result in tooth decay, periodontal disease, and permanent markings from stains and decalcification.**

1. Aligners should be removed for eating and drinking (you do not need to remove aligners to drink cool water).
2. Brush and floss your teeth after each meal or snack prior to re-inserting their aligners. If you do not have access to an Invisalign cleaning system or a toothbrush, simply rinse your mouth, and then clean the aligners by holding them under warm running water (DO NOT use hot water or they will melt). It's not the best way to clean, but it works in a pinch. Aligners should be thoroughly cleaned at your earliest convenience.
3. If you have any questions regarding hygiene techniques, please contact the office.
4. Regular dental checkups and cleaning are recommended for the continued health of your teeth and gums.

## SureSmile® Informed Consent and Home Care

- 1) Failing to follow care provider instructions may interfere with achieving treatment objectives. This includes not wearing appliances as directed or missed appointments. All treatment times are estimated and may be extended by eruption of teeth or issues related to patient's specific dentition, including uncommon tooth shape and any other anomaly encountered during treatment.
- 2) Inadequate patient oral hygiene during treatment may result in decay, gum irritation, tissue disease or permanent discoloration of teeth. In the event that all hygiene instructions are not followed, including regular brushing/flossing and regular practice of standard oral hygiene, intraoral inflammation or gum disease may result.
- 3) Minor discomfort when switching aligners during treatment is expected. However, any concern regarding pain or difficulty with placing a new appliance should be immediately reported to your care provider or staff. Patient may experience irritation to gums, cheeks, or lips during treatment, which should also be communicated to care provider or staff. Allergic reactions are also possible and should be reported as well.
- 4) Interproximal (space between the teeth) re-contouring or minor shaping may be required to allow space for teeth to move for proper alignment.
- 5) Orthodontic treatment involves moving teeth and teeth may shift after treatment. Retainers must be worn at the direction of your care provider to control this tendency. In short, wearing retainers post-treatment is essential to maintaining your new smile.
- 6) In some cases, additional treatment appliances may be required for treatment plans. Such supplemental clinical requirements will be explained by your care provider. These may include the need for oral surgery to correct jaw position or severe crowding, which must be completed prior to aligner treatment.
- 7) Notify your care provider of any medical conditions/medications as they could affect treatment.
- 8) Dental implants cannot be moved by aligners. Additionally, existing restorations may require repositioning or replacement as the result of treatment, which may require additional dental, surgical or endodontic treatment. In extreme cases, teeth may be lost.
- 9) Orthodontic appliances can possibly be swallowed or aspirated. Any looseness of aligners or any other appliance used during treatment should be immediately reported to your care provider. In cases involving extreme crowding or missing teeth, product breakage is more common.