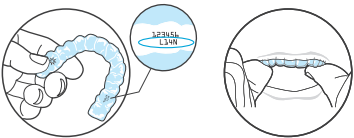


Here are some tips to help ensure proper use and avoid damaging your aligners.

Always remember to:

- 1. Wear your aligners per your doctor’s instructions, usually 20-22 hours per day.
- 2. Wash your hands thoroughly with soap and water before handling your aligners.
- 3. Handle only one aligner at a time.
- 4. Rinse your aligners when removing them from the packaging.



Putting your aligners in.

- Make sure you have the correct aligner for top or bottom teeth - the upper set has a “U,” the lower set has an “L”.
- Insert either aligner first. Gently push aligner over your front teeth. Apply equal pressure to the tops of your right and left molars (back teeth) until aligner snaps into place.
- Don’t bite aligners into place. This could damage them.

Switching aligners.

Remember to change your aligners on time, as prescribed by your doctor, to keep your treatment on track.



Aligner removal.

- 1. On one side of your mouth, use your fingertip on the inside of your back molar to slowly pull the aligner from your molars.
- 2. Repeat this process on the other side of your mouth before trying to completely remove the aligner.
- 3. Once aligner is disengaged from the molars on both sides of your mouth, you should be able to slowly work your way forward gently prying the aligner away from your teeth with your fingertips.

Daily care and maintenance of your Invisalign® aligners.

- Immediately rinse aligner with cool water, shake off excess water, and store your aligners in the protective case provided with your starter kit.

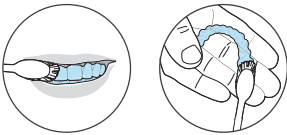
- To help prevent damage to the aligners, avoid unnecessary removal from wear.
- Take care in removing your aligners, especially if multiple attachments are being used.
- Do not use excessive force to bend or twist an aligner to get it off. Do not bite your aligners into position.
- Do not use any sharp object to remove your aligners.
- Consult with your doctor if your aligners are extremely difficult to remove.
- Clean your aligners prior to each insertion. Use a soft bristle toothbrush with water and a small amount of toothpaste. You may find it easiest to clean the outside of your aligners by brushing them while they are still on your teeth, then remove your aligners to clean the inside surfaces.
- Do not use denture cleaners to clean aligners. Do not soak them in mouthwash. These products can damage the surface of the aligner, causing it to become dull and more visible.



Storing your Invisalign aligners.

Place one aligner in the case. Turn the other aligner 180° so the aligners face opposite ways. Position aligners so they interlock.

Note: Keep all of your older aligners in a clean plastic bag, or as instructed by your doctor. Your doctor may recommend that you temporarily go back one stage and use one of the older aligners while a replacement is being made. Keep them out of reach of small children or pets.



Proper oral hygiene.

- 1. Remove your aligners for eating and drinking. (You do not need to remove your aligners to drink cool water).
- 2. Brush and floss your teeth after each meal or snack prior to re-inserting your aligners. If you don’t have access to your cleaning system or a toothbrush, you can simply rinse your mouth, and then clean your aligners by holding them under warm running water. Be sure to thoroughly clean your aligners at your earliest convenience.
- 3. If you have any questions regarding hygiene techniques, please consult your doctor.
- 4. Regular dental check-ups and cleaning are recommended for the continued health of your teeth and gums.

My Invisalign™ app.

It has never been easier to stay on track.

Download from your favourite app store or by scanning the QR code.



Monitor your aligner wear with the in-app time tracker.



Personalise your appointment calendar and set up notifications.



Add photos to your Smile Gallery and view your progress.

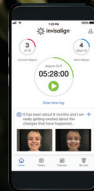


Get answers to some commonly asked treatment questions.



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Your new smile is just beginning.



211493 Rev C

Here are a few helpful tips to keep your new smile on track.



Wear your aligners per your doctor’s instructions, usually 20–22 hours per day.



Remove your aligners before eating or drinking anything.



Clean your aligners each time before putting them in with a soft bristle toothbrush and water.



Brush and floss after you finish a meal or beverage. Don’t have access to a brush? Rinse your mouth out with water.

Frequently asked questions.

Will the treatment be painful?

Most people experience tooth soreness for a few days after starting each new stage. This is normal. It is a sign that the Invisalign aligners are working, moving your teeth to their final destination. This soreness should gradually go away a couple of days after inserting the new aligner in the series. If it doesn’t, promptly call your doctor.

Will wearing the Invisalign aligners affect my speech?

Like all orthodontic treatments, the aligners may temporarily affect your speech, and you may have a slight lisp for a day or two. However, as your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by your aligners should disappear.

What should I do if my new Invisalign aligner doesn’t snap onto my teeth?

Minor discrepancies between the new aligner and the current tooth position are normal, since the teeth need time to conform to the new aligner position. In the event of significant problems with aligner fit, inform your doctor.

Are there restrictions on what I can eat?

In general, no. Unlike traditional orthodontics, you can usually eat and drink whatever you desire because you remove your aligners while eating. Thus, there is no need to restrict your consumption of any of your favourite foods and snacks, unless otherwise instructed by your doctor.

Is it ok to drink hot or cold beverages while wearing Invisalign aligners?

Except for cool water, we recommend that you do not drink while wearing the aligners. This is to avoid formation of cavities and stains, or warping of the aligners with hot drinks and hot water.

Can I chew gum while wearing Invisalign aligners?

No. Gum will stick to the aligners. We recommend removing your aligners for all snacks and meals.

Will smoking or chewing tobacco stain the aligners?

We discourage tobacco use while wearing aligners because of the possibility of aligner discolouration.

Can I still play sports while wearing my Invisalign aligners?

Aligners can be worn during sport if desired as they fit snugly in the mouth. Mouth guards can also be worn over the aligners, speak with your doctor to find out which mouth guards work best with Invisalign aligners.

Why do some of my aligners have bumps or ridges on them?

Depending on your specific treatment, some of the movements may require either “attachments” or “ridges” to help the aligner grip the teeth. These bumps, or wells, are where the aligner grips the attachment the doctor places on your teeth. The attachments are actually small pieces of composite the doctor affixes to your teeth that are then gripped by bumps on your aligners. The ridges are slim indentations in your aligners. Your doctor will use one or both of these features to attempt to achieve the desired movement.

What if I lose or break an Invisalign aligner?

In the event that an aligner is lost or broken, you should immediately inform your doctor. Your doctor will probably tell you to start wearing your last set or next set of aligners immediately. They will possibly order you a new set of aligners to replace the ones you just lost, which should arrive in a few days.

What if I lose or break an attachment?

In the event that an attachment is lost or broken, you should immediately contact your doctor.

What are Chewies or Munchies and why should patients use them?

Chewies or Munchies are chewed on after aligner insertion to help properly seat aligners and increase the likelihood that pre-programmed force systems built into your aligners move your teeth as accurately and efficiently as possible.

Remote monitoring.

What is remote monitoring?

Remote monitoring enables doctors to track your orthodontic progress remotely through photographs submitted by you through the My Invisalign app.

Why should I be remotely monitored?

Remote monitoring enables your doctor to more frequently check up on your orthodontic progress and possibly pick up on any instances where you treatment might become off-track and require intervention or a visit to the practice. It also reduces the frequency you will have to visit the doctor’s practice.

Who will see the photos that I take?

The photos you take are processed by the Invisalign® Virtual Care AI software and then shared with your treating doctor or practice staff to evaluate how you are tracking. As a patient, you are also able to access the photos to see your own treatment progress.

How often do I need to take photos?

It is recommended for remote monitoring that you to take a photo right before you are scheduled to change to your next set of aligners. If allowed in the phone settings, you may receive a notification when patients are due to change aligners and take photos. Please refer to and follow your treating doctors preferences and instructions.



Note: If you have additional questions after reading this pamphlet, please consult with your doctor.