



"Changing the World, One Smile at a Time..."

## INVISALIGN MANUAL

Our office is now almost completely paperless. This includes digital patient files, photographs, radiographs, treatment and administrative records.

We are also moving towards a completely digital/paperless system of patient communication. This includes use of email and text messaging for communication with doctors and patients. At some point we will discontinue using paper and letters as a form of communication.

**It is very important that you register yourself (or family where appropriate) on our website as soon as you arrive home if you have not done so already. For now this will be the hub of communication.**

After registering you will be able to conduct business with our office online. This will include checking your appointment information, reviewing your personal and insurance ledger and soon you will be able to pay your statement online.

Once registered, you will also be able to receive appointment reminders and information bulletins by email and/or text message.

The registration process is easy. Logon to our website at [newhartorthodontics.com](http://newhartorthodontics.com) or [drnewhart.com](http://drnewhart.com) and click on Patient Login on the Main Page. Then simply register. Call our office if you need assistance.

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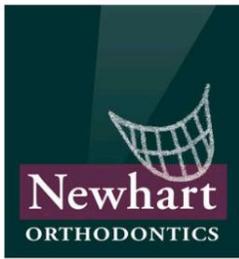


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## Newhart Orthodontics

### Invisalign

#### Your First Day

The first goal that we set for you is to get used to wearing your aligners. Some people prefer to begin wearing their aligners full time immediately and others like to begin more slowly. There is no "right way". However, the goal is for you to be wearing your aligners full time (except while eating and brushing) after the first week. This is approximately 22 hours per day.

#### General Soreness and Speech

Most people experience some soreness for a day or two after starting each new stage. This is normal. It is a sign that the aligners are working and moving your teeth to their final destination. On rare occasions, aligners may temporarily affect your speech slightly. However, as your tongue gets used to having the aligners in the mouth, any minor disturbance in normal speech caused by the aligners will disappear within the first week. Most people have no problems with their speech at all.

#### Before Leaving the Office

There are routine steps that we ask you to take prior to leaving the office after each office visit:

1. Using your finger and tongue, check that your new aligners are comfortable and that they fit without rocking. We want the aligners to be tight enough so that they do not fall out while speaking, but loose enough so that they may be taken in and out by you. They should have a definite "click into place" feel to them. Make sure that you understand how to remove and replace your aligners correctly.
2. Make sure you understand what you are to do until your next visit. This could include learning to wear your aligners to following specific hygiene or diet instructions. Typically, Dr. Newhart wants you to change your aligners every two weeks, but this may change from person to person.
3. **Always schedule your next appointment before leaving the office.** Waiting for 2 weeks after an appointment to schedule your office visit complicates the scheduling process. Postponing appointments is a common contributor to extended treatment.
4. Make sure that all of your questions about treatment are answered. Treatment goes better when everyone understands the treatment process.

#### Eating and Potential Harm to your Aligners

There are no restrictions on what you may eat. However, we recommend that your aligners be removed while eating and placed into the carry case that was provided to you. Most aligners are lost while eating in restaurants. Lost and broken appliances cause delays in treatment, extra office visits and additional expenses. Except for water, Dr. Newhart recommends that you do not drink while wearing aligners to avoid formation of caries or stains, and warping of the aligners with extremely hot drinks.



## Wearing and Using Your Aligners

### Aligner Insertion:

1. Make sure you have the correct aligner— upper for top teeth and lower for bottom teeth.
2. To help you avoid confusion each aligner is engraved with your unique case #, a “U” for upper and “L” for lower, followed by the stage number.
3. You may insert either the upper or lower aligner first. When inserting each aligner, gently push the aligners over the front teeth. Then, apply equal pressure, using your finger tips, to your left and right molars (back teeth) until the aligner snaps into place. **DO NOT BITE** your aligners into position. This will damage them.
4. 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. However, if there is a problem with fit, do not proceed to the next aligner stage until you are seen by Dr. Newhart.
5. Your aligners have been programmed to reduce from 200 grams of force upon first insertion to 40 grams within 48 hours. For ease of removal Dr. Newhart recommends that new stages be placed after the last evening brushing and not removed until the next morning. By that time the force is down to 100 grams and the aligners will be easier to remove.

### Aligner Removal:

1. Using your fingers, start on one side at the molars (back teeth) and slowly work your way around to the other side.
2. To help prevent damage, avoid unnecessary removal.
3. **DO NOT** use any sharp object to remove your aligners.
4. Immediately rinse the aligners with water, shake off excess water, and store your aligners.
5. As you proceed to each new stage, all old stages are to be saved in their corresponding zip lock packet until treatment is completed.
6. It is rare that an aligner is unable to be removed. A #2 crochet hook from Michael's will assist in removing the aligner if you have short fingernails. Call our office for assistance.

### Daily Care and Maintenance of Aligners:

1. Clean your aligners prior to each insertion. Use a soft tooth brush with toothpaste and water.
2. Rinse each aligner thoroughly with water after each cleaning.
3. **DO NOT** use denture cleaners to clean aligners or soak them in mouthwash. These products can damage the surface of the aligner, causing it to become dull and more visible.

## Dental Emergencies

Following a direct injury to your mouth or teeth, whether undergoing orthodontic care or not, you should be seen by your regular dentist as soon as possible. Usually a radiograph of the involved tooth, or teeth, is needed to ascertain the extent of injury. If a tooth has been knocked out, severely displaced or fractured, it is best to contact your family dentist first, since we may not have the necessary materials needed to treat these injuries. If your aligners have been damaged, we will need to adjust or replace them as soon as possible. If in doubt, drop back one stage and wear the previous aligner until you are able to see Dr. Newhart.

Please call our office immediately after seeing your family dentist. If you are unable to reach your family dentist or an alternate emergency facility, call this office and we will assist you in locating someone to care for the injury. Please discuss potential emergency procedures with your family dentist at your next visit to their office.

## Oral Hygiene and Diet as it Relates to Decay, Decalcification and Gingivitis

Food left on the teeth and gum line after eating feeds bacteria which cause plaque to form. Plaque causes cavities (tooth decay), decalcification (white marks on teeth) and gingivitis or gum disease (swollen, puffy, red, overgrown or bleeding gums). Since the expansion retainers fit against the teeth and gums, it is important to keep the retainers as clean as the mouth. Retainers should be cleaned with a tooth brush and tooth paste and lots of water. Additional aids like Efferdent and other oral appliance cleaners may be used, but are not required. The following are recommended guidelines and tools to be used in cleaning your gums and teeth:

To maintain healthy teeth while wearing orthodontic appliances and to reduce the possibility of decay, decalcification and inflammation of the gums, please follow these recommendations:

1. **The best preventive measure is excellent oral hygiene.** This includes brushing with fluoride toothpaste for at least three minutes after breakfast and before going to bed. A regular soft bristled tooth brush will do well, but we highly recommend the Sonicare electric toothbrush. The parent should look to make sure that all food debris and plaque have been totally removed.
2. **Fluoride is a very important part of the prevention program.** Fluoride will attach to any weakened enamel and strengthen it. Based on recent research, we are recommending that after brushing with fluoride toothpaste and rinsing, before going to bed, rinse with a fluoride mouthwash. Hold for 60 seconds then spit, but do not rinse. The idea is to **LEAVE A SMALL AMOUNT OF FLUORIDE ON YOUR TEETH ALL NIGHT**. This nightly light fluoride treatment will definitely help prevent decay, decalcification and gingivitis.
3. **Minimize eating foods with high fructose corn syrup, sucrose and other sugars.** All candy is in this category as well as many juices. The bacteria that cause decay, decalcification and gingivitis utilize the fermentable carbohydrates as their food. The more sugar, the higher the bacterial count and the more likely problems will occur.
4. **Minimize or avoid drinking soft drinks.** There is strong evidence that the acid from carbonated soft drinks contributes to the breakdown of enamel.
5. **It is very important to continue with regular professional cleaning with your general dentist.** You should see your dentist at 6 month intervals for recall visits unless they would like to see you more frequently. This will depend on your own skill and your existing periodontal condition. Your dentist will also check you for decay or other problems that may arise during treatment. If you need a referral for a general dentist, please ask us and we will assist you in finding someone for you.

The rewards of orthodontic treatment – straight teeth, a beautiful smile and a healthy mouth, are achievable goals for all of our patients, young and old alike. We need your help to make sure the teeth and the gums are also bright, shiny and healthy at the completion of treatment. By following the instructions provided in this handout, you will have the best chance of having a truly outstanding result. We can't do it without you! My staff and I personally look forward to taking care of you.

**“Changing the World, One Smile at a Time” --- Dr. Scott Newhart**