

Use and care instructions

for your Invisalign aligners



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Wearing and using your Invisalign aligners

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.

Use proper technique described below when inserting and removing aligners to avoid damaging aligners.

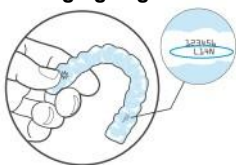


Figure 1

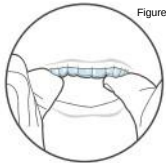


Figure 2

Aligner insertion

1. Prior to each insertion and before bed, inspect aligners for cracks and deformation. Severe cracks or deformities should be reported to the doctor immediately. Aligners with cracks the size of the height of the tooth should not be used.

Note: Parent or guardian should inspect aligners of pediatric patients.

2. Make sure you have the proper aligner—the upper for your top teeth and the lower for your bottom teeth.
3. To help avoid confusion, each aligner is engraved with your unique case number, a “U” for upper and an “L” for lower, followed by the stage number. (figure 1)
4. You may insert either the upper or lower aligner first. When inserting each aligner, gently push the aligners over your front teeth. Then apply equal pressure, using your fingertips, to the tops of your left and right molars (back teeth) until the aligner snaps into place. (figure 2)

5. Do NOT bite your aligners into position. This may damage them. For aligners with precision wings (figures 3a and 3b, precision wings circled), do NOT bite down on precision wings. The lower precision wings should be positioned in front of the upper precision wings when the aligners are in the mouth.

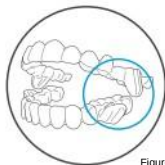


Figure 3a

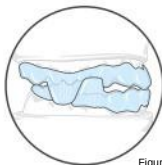


Figure 3b

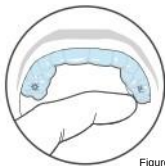


Figure 4

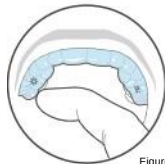


Figure 5

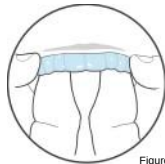


Figure 6

Note: If you experience sharp pain or significant discomfort, discontinue use of the aligners and contact your doctor.

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. (figure 4)
2. Repeat this process on the other side of your mouth before trying to completely remove the aligner. (figure 5)
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. (figure 6)

Note:

- Immediately rinse aligner with water, shake off excess water, and store your aligners in the protective case provided with your starter kit.
- Aligners are intended to only be removed for eating, drinking, smoking, and for oral care. Unnecessary and excessive removal/insertion of aligners with precision wings may prematurely damage and/or break the aligners.
- 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 use any sharp object to remove your aligners.
- Consult with your doctor if your aligners are extremely difficult to remove.

Daily care and maintenance of your Invisalign aligners

1. 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 (figure 7), then remove your aligners to clean the inside surfaces (figure 8).

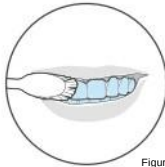


Figure 7



Figure 8

Note: Be sure to rinse each aligner thoroughly with water after each cleaning. We also recommend that you use the Invisalign Cleaning Crystals once a week, or as needed.

2. Prior to each insertion and before bed, inspect aligners for cracks and deformation. Severe cracks or deformities should be reported to the doctor immediately. Aligners with cracks the size of the height of the tooth should not be used.

Note: Parent or guardian should inspect aligners of pediatric patients.

3. 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.

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 toothbrush, you can simply rinse your mouth, and then clean your aligners by holding them under warm running water. It's not the best way to clean, but it works in a pinch. 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 checkups and cleaning are recommended for the continued health of your teeth and gums.

Storing your Invisalign aligners

Aligner storage case(s) are included in your starter kit. We recommend that you store your Invisalign aligners in a case when they are not in your mouth (figures 9 and 10). This will help protect them from loss and damage. Keep aligner cases clean by hand washing them with soap and water. Do not wash them in dish washing machines.



Figure 9



Figure 10

Always keep the most recently used aligners. If your current aligner is lost or broken, your doctor may recommend that you temporarily go back one stage while a replacement is being made.

Note: Keep all of your older aligners in a clean plastic bag, or as instructed by your doctor. Keep them out of reach of small children and pets.

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Frequently asked questions and answers

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. He or she will possibly order you a new set of aligners to replace the ones you just lost, which should arrive in a few days.

For patients undergoing mandibular advancement, why do some of my aligners have 'wings' on them?

The 'wings' on the sides of aligners are called precision wings, and are especially designed to position the lower jaw forward to help correct the bite.

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 favorite 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 discoloration.

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 attachment?

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

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

Warning: In rare instances, some patients may be allergic to the plastic aligner material. In such cases, discontinue use and consult a health care professional immediately. Align Technology must also be notified. Orthodontic appliances or parts thereof, may be accidentally swallowed or aspirated and may be harmful.

Symbols glossary

Symbol	Title	Explanatory text	Standard reference
	Consult instructions for use	Indicates the need for the user to consult the instructions for use.	EN ISO 15223-1*; 5.4.3
	Date of manufacture	Indicates the date when the medical device was manufactured.	EN ISO 15223-1*; 5.1.3
	Caution	Indicates the need for the user to consult the instructions for use for important cautionary information such as warnings and precautions that cannot, for a variety of reasons, be presented on the medical device itself.	EN ISO 15223-1; 5.4.4
#	Patient number	Indicates a unique number associated with an individual patient.	EN ISO 15223-1; 5.7.1
CE 0344	Manufacturer	Indicates the medical device manufacturer, as defined in EU Directive 93/42/EEC.	EN ISO 15223-1; 5.1.1
EC REP	Authorized representative in the European Community	Indicates the authorized representative in the European Community.	EN ISO 15223-1; 5.1.2
Rx only	Prescription use only	Caution: Federal law (USA) restricts this device to sale by or on the order of a licensed healthcare practitioner.	US Code of Federal Regulations, Title 21, Part 801.109(b)(1)
	CE marking Conformité Européenne Notified Body Reference no. 0344	Signifies European technical conformity.	MDD 93/42/EEC Articles 4.11,12,17, Annex II

*Medical devices- Symbols to be used with medical device labeling and information to be supplied- Part 1: General requirements.