



Dr. Vora's Dental Care

Dr. Naman Hiralal Vora[†]
Braces Specialist (Gold Medalist)
M.D.S. (Mumbai)
Certified Lingual Orthodontist (USA)



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Invisalign /Aligner Instructions

Congratulations for choosing **invisalign** world's best & most comfortable way to correct / enhance your smile & bite.

Here are all the Instructions & Tips to get best out of your treatment.

How to wear

Gently push the aligners over your front teeth. Then apply equal pressure, using your fingertips or thumb to the tops of your left and right molars (back teeth) until the aligner snaps into place.



- Do NOT bite your aligners into position.
- Handle only ONE aligner at a time.



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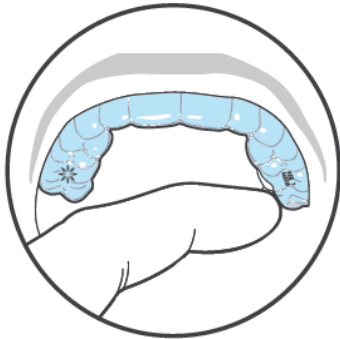


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How to remove



On one side of your mouth, use your fingertip on the inside of your back molar to slowly pull the aligner from your molars.

Repeat this process on the other side of your mouth before trying to completely remove the aligner.



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.

- DO NOT use any sharp object to remove your aligner



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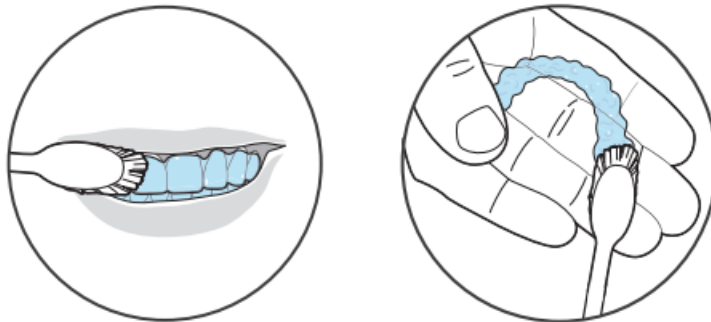


Daily care & maintenance

Preferably Clean your aligners with plain water prior to each insertion during day time after your meals.

Use a soft bristle toothbrush with water and a small amount of toothpaste to clear twice a day while brushing your teeth in morning and night before bedtime.

It is 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.
- Do Not use hot water to clean aligners.

These products can damage the surface of the aligner, causing it to become dull and more visible.



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Storing your aligners

Aligner storage case is included in your starter kit. We recommend that you store your Invisalign aligners in a case when they are not in your mouth.



- Don't keep aligner in tissue or handkerchief while eating, that's the most common way to loose / damage it.
- Pets and young toddlers like to chew on them, so keep aligners away from them inside a box when you brush or eat.



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What to expect when you start with aligner

- Difficulty in removing and wearing aligner for first few days, practice in front of mirror, in 2 days it becomes easy.
- Aligners may temporarily affect your speech, and you may have a slight lisp for a day or two. Just practice reading a loud for 30minute for first 1-2 days. As your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by your aligners should disappear.
- Most people experience slight teeth soreness for a first few days after 1st aligner and subsequently after changing to every new set. This is normal, it is a sign that the aligners are working, moving your teeth to their final destination.
- This soreness should gradually go away in couple of days and may not need any medication, just have soft and semi solid food. Warm salt water gargle twice a day may help relieve soreness in teeth. Take pain relief medicines in case of more pain. (Routinely what we have seen is 90% of our patients can bear slight discomfort and are back to routine diet in 2-3 days, and they do NOT require any medications)



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Some Tips to Remember:

- Wear your aligners (elastics if provided) 24 hours, except removing while eating & brushing usually around 22 hours per day. (Remember to wear immediately after meals)
- It's ok to drink cool water or water based liquids Like soft drink or juice, while wearing aligner. But avoid milk based liquid like tea, coffee or milk shakes as they make aligners sticky.
- Remember to change your aligner every 7-14 days, as advised by Dr. Naman Vora.



you can download "My Invisalign" or "TrayMinder" to set reminder about when to change next aligner and track wearing time.

- Always Change your aligner to new set at bedtime, just before going to bed after brushing. Always dry & preserve all old aligners in respective packet till the end of treatment.
- In case if you lose any aligner, immediately go to next set, if you don't have next set go to previous set.
- Use cotton roll or chewie provided to bite on it for first 2 nights after changing aligner to new set. (if it is required for your smile correction it will be provided to you)
- If, aligner does not fit properly even after 4rd day of changing (see picture) or you have any concerns contact clinic on for appointment.



Send **What's up** Text or Picture of concern area on (+91) 93238 00012, (Dr. Naman Vora's personal contact number)



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Frequently Asked Questions & Answers

Q: What if I lose or break an Aligner?

In the event that an aligner is lost or broken, you should immediately start wearing your next set of aligners, if you don't have next set with you go to previous set and contact us.

Q: Will the treatment be painful?

Most people experience slight teeth soreness for a first few days after 1st aligner and subsequently after changing to every new set. This is normal, it is a sign that the aligners are working, moving your teeth to their final destination.

This soreness should gradually go away in couple of days and may not need any medication, just have soft and semi solid food. Warm salt water gargle twice a day may help relieve soreness in teeth. Take pain relief medicines in case of more pain. (Routinely what we have seen is 90% of our patients can bear slight discomfort and are back to routine diet in 2-3 days, and they do NOT require any medications)

Q: Will wearing the Invisalign aligners affect my speech?

Aligners may temporarily affect your speech, and you may have a slight lisp for a day or two. Just practice reading a loud for 30minute for first 1-2 days. As your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by your aligners should disappear.



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Q: What should I do if my new aligner doesn't snap onto my teeth perfectly and there is gap seen?

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. Use cotton roll or chewy provided to bite on it for first 2 nights after changing aligner to new set.



If, aligner does not fit properly even after 4rd day of changing (see picture) or you have any concerns contact clinic on for appointment.
(+91) 8425 85 85 85 / (+91 22)2567 8000 / 01



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Q: Why do some of my aligners have bumps/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. 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.



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Q: Are there restrictions on what I can eat?

In general, NO. Unlike traditional braces, 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.

Q: Is it OK to drink hot or cold beverages while wearing Invisalign aligners?

It's ok to drink cool water or water based liquids Like soft drink or juice, while wearing aligner. But avoid milk based liquid like tea, coffee or milk shakes as they make aligners sticky.

Q: 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.

Q: Will smoking or chewing tobacco stain the aligners?

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

Q: What if I lose or break an attachment?

In the event that an attachment is lost or broken, don't worry when you visit doctor for further follow up, just inform him and he will reattach it, if needed for that particular tooth movement.

If you have additional questions,
contact clinic & Speak to Dr. Naman Vora.

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