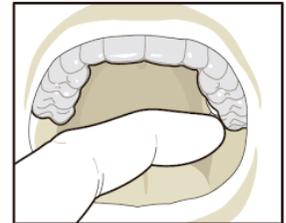




Yenne & Schofield, P.C.
SPECIALISTS IN ORTHODONTICS

Invisalign Aligners Wear

- Ideally Invisalign Aligners should be worn 22+ hours per day. Aligners can be removed to brush & floss and to eat meals. You may drink liquids with aligners in, but they can stain.
- You will be instructed how often to change your trays, typically every 7-10 days. The trays are numbered on the chewing surface (L for lower trays, U for upper trays) in case you get your trays mixed up. The packages will be labeled with dates for you to change to the next set of trays.
- If you get behind on your aligners due to lack of wear, try and get a full 7 days out of each set of aligner trays.
- When changing your trays in the sequence, save 1 set of trays behind, in case you lose a tray. It is easier to drop back a set than move ahead too quickly. If it is a day or two before you are due to change to the next tray, you may advance. You can call to order a replacement tray if needed. **Never go without wearing a tray.**
- Use Chewies to make sure trays are fully engaged when changing to a new set of trays. We recommend doing this on the first day of the new trays. When the trays are in your mouth, gently bite a Chewie on every tooth to insure the trays are seated properly.
- To remove aligners, handle one arch at a time. Use your finger tips to remove the trays from the tongue side towards the molars. Do not pull down from the front teeth. Pulling from the front can cause the trays to split in the middle.
- When the trays are out of your mouth, brush and floss your teeth like normal. Brush the aligner trays with antibacterial soap. Toothpaste can be abrasive and cloud trays. Rinse thoroughly before placing back in your mouth.
- Some patients need attachments bonded on teeth. Attachments are tooth colored material that are glued to the teeth to assist the trays moving the teeth. If an attachment comes off, no emergency appointment is needed. Just let us know and we will evaluate the attachments at the next appointment.
- Refinement scans may be taken throughout the treatment to request more Aligners to be made for a number of reasons; this is included and part of your treatment plan.
- Please be sure you have your next appointment schedule before you leave the office so we can ensure the proper day, time and location you would like your next appointment to be scheduled at.



Emergencies

Please call us at (503)362-0500 during normal office hours if you lose or break your aligner trays, or if any problems arise. All instructions can be reviewed on our website at www.haveagreatsmile.com/instructions