

Today is your delivery appointment for your new aligners. I hope you are excited with this new journey we are about to embark on. At today's appointment, we will place small tooth-colored attachments on the side of a few teeth. These attachments are not visible to the naked eye and act as "grippers" to help with tooth movement. We also might be "recontouring" or "slenderizing" a few teeth to help create some space.

Below are the guidelines for your Invisalign treatment:

- You are going to wear each set of aligners for 14 days
- Each aligner should be worn 22 hours a day
- The only time the aligners should be out is when you are eating, drinking, brushing and flossing
- The only time you do not have to remove the aligners is when consuming water or clear liquids.
- Do not eat with the aligners in your mouth.
- Before placing your aligner in your mouth please be sure to brush and floss your teeth after every meal.
- Clean aligners every day with cold water, a toothbrush and toothpaste. You can use retainer cleaner if you wish. Please ask us about them.
- On the bottom of each aligner there is a number, which will help you to keep track of the aligner you are presently in.

1. U-01: Upper arch aligner #1
2. L-01: Lower arch aligner #1

- You have two containers: ALWAYS put your aligners in a container. Please do not put the aligner in a napkin. Very often, you or someone else, will throw it away. If you ever lose an aligner, let us know immediately.
- Please store all your old trays in a Ziploc bag. You never know when we will need them.
- There is a pamphlet inside your container box that will answer any other questions you may have but please feel free to contact us with any questions.

Congratulations, you are on your way to a beautiful new smile!

– *Dr. Chahine, DMD, FAGD, Dr. Papp, DDS & Associates*

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