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How To Get The Most Out Of Invisalign Treatment

Invisalign is extremely compliance driven. That means you must follow our instructions to the letter, to achieve the desired results. You must wear your aligners all day and all night, except when you eat and brush your teeth. The optimal wear time is 22 hours a day. Anything less, and you risk not achieving the planned result in the planned time.

Using '**chewies**' is an essential part of treatment. In Invisalign lingo, chewies help achieve the maximum 'expression' of each aligner set, by forcing your teeth into the aligners, thereby achieving the programmed movement of each aligner set. It is critical that chewies are used for the **first three days** after changing aligners as often as possible. All the tooth movement happens in the first three days (which is why during the first three days, the teeth are sensitive to biting.) The time after the first three days, until the next aligner change is when bone remodeling takes place.

'**Tracking**' is an Invisalign term we use to determine if your treatment is progressing according to plan. Each time you put in a new set of aligners, **look in a magnifying mirror at your teeth**, with the aligners in place. Your teeth should completely fill the aligners with no space showing between the edge of your tooth and the aligners. This is called 'proper tracking'. If you ever notice improper tracking, i.e. that all your teeth are not completely filling the aligners, you **MUST** call the office immediately. Failure to correct tracking problems immediately can slow down your treatment significantly. Tracking problems can always be corrected, but, the sooner we get to them, the less delay in your treatment there will be.

You are allowed to drink beverages with the aligners in your mouth. However, if you drink something that contains sugar (not artificial sweeteners) it is advisable to remove them afterward and rinse with water. It is not recommended to eat with aligners in your mouth.

Occasionally people experience some irritation of the lips and cheeks or tongue from a sharp or rough edge on a particular set of aligners. We are always available to help with this common problem. Just call the office and we will remedy the problem.