



PASHA ORTHODONTICS
Aurora • Naperville • Plainfield
www.pashaorthodontics.com

AURORA
452 N. Eola Rd., Suite C • Aurora, IL 60502
630.820.1200

NAPERVILLE
1112 S. Washington, Suite 210 • Naperville, IL 60540
630.961.3810

SOUTH NAPERVILLE / PLAINFIELD
4827 S. Rt. 59, Suite 115
Naperville, IL 60564
630.527.6000



INVISALIGN™ CARE

Congratulations on your decision to pursue improved oral health with **Invisalign™** treatment!

Please read this informational packet carefully and make sure to clarify any questions you may have regarding your Invisalign™ treatment with our team.

THE START OF TREATMENT

- Records including x-rays, photos, and scans, will be gathered for the Doctor to properly diagnose your treatment and start the process of aligner fabrication. Some patients may need a second scan or set of impressions taken at the end of their first set of aligners in order to fabricate a second set of detailing trays. Thus, your individual treatment time is an estimate based on what the Doctor surmises at your treatment conference.
- The process of scan submission, communication, and finally aligner fabrication takes an estimated 4-6 weeks.
- Your appointment will be scheduled for 4-6 weeks out after your initial scan. If the aligners come back sooner, we will attempt to bring you back for an earlier appointment.
- At your next appointment **attachments will be bonded** to your teeth as shown, with placement varying on your specific case and movements.



TREATMENT PROGRESS

- **The most important variable for success of your Invisalign™ treatment is... your compliance to wear the aligners as instructed.** Aligners need to be worn **at minimum 22 hours per day**, without exception. This includes faithful wear of rubber bands, if indicated, during treatment.



- Your aligners will be changed every 2 weeks, unless otherwise notified by the doctors. The most important indicator of your readiness to change into your next aligner is the overall fit, or passiveness, of your aligners.
- Your aligners should have no visible space seen between the edge of the teeth, and the aligner itself, when you are ready to change. The aligners should always fit tight over the teeth so no space is visible at the edge of the teeth. If a gap exists, aligner chewies should be used faithfully until the aligner fits properly.

**DO NOT TRANSITION TO YOUR NEXT ALIGNER
UNTIL ALL GAPS BETWEEN THE TEETH AND THE ALIGNER ARE RESOLVED.**



INVISALIGN™ CHEWIES

Invisalign™ chewies are a soft chewing device the size of a cotton roll that can be used by patients treated with Invisalign™. It is a small cylinder made of a soft spongy plastic-like material called Styrene Copolymer. The function of the Invisalign™ chewie is to eliminate the air space between the Invisalign™ aligner and the teeth. The chewie provides a more comfortable and efficient method to provide a uniform force to seat the Invisalign™ aligner properly. They are available in white unscented or in several colours with scents online, or upon request if in stock at our office.



HOW TO USE THEM

When the Invisalign™ aligner is put back in after eating, the chewie should be used to bite the Invisalign™ firmly into position. Position the chewie in the area where the aligner needs to fit better for 5 seconds between your teeth (either “longways” or “shortways”) and bite down, then release.

Move it from one end of your mouth to the other, continuing to bite up and down until you have bitten on it with all of your teeth. **Repeat this process for 10 minutes at a time, up to three times per day, until the gap is reduced.**

Then go back and do it again. It is important that the Invisalign™ is fully seated onto the tooth so that it can then be effective in moving the teeth.

The chewie is small enough to fit into the case with the Invisalign™ so it can be carried with you through the day.



****If you have a history of TMJ, do not use the chewies, but instead use steady finger pressure to push the aligner in place instead, always making sure not to put pressure on your lower jaw if the problem is on the lower teeth.**

Your treatment will typically need **IPR:** (Interproximal Reduction): During treatment, excess enamel may be removed in order to alleviate crowding. This process is either done with a dental drill, or manually with diamond strips flossed between the teeth. This process **will not hurt you** or your enamel, and may be necessary in order to achieve detailed and optimal results.



CARING FOR YOUR INVISALIGN™ ALIGNERS

- 1) Never eat or drink anything but water with your aligners in place.
- 2) Use a fluoride rinse or Prevident toothpaste at night only. Brush for 2 min., spit out the expectorate in your mouth, and then put your aligners right in (do not rinse with water).
- 3) When eating or drinking, remove your aligners and place into the case provided for safekeeping. **Do not place your aligners in your pocket or napkins** as this will lead to accidental damage or discarding of the aligners.
- 4) Brush the inside of the aligners carefully after every meal. Aligners should be “crystal clear” at all times. If aligners are cloudy, this is an indication of plaque accumulation, which can be extremely damaging to the teeth, leading to scarring/decalcification and cavities of your teeth.
- 5) Brush the inside of the aligners with toothpaste and COOL water, or with baking soda and water.
- 6) If you do not have a sulfa allergy, denture cleaner may also be used in addition to brushing the aligners to keep them extra clean. Place the aligners in cool water with a denture cleaning tablet to soak for 15 minutes. Remove the aligners when time has passed, brush and rinse out the aligners before placement back into your mouth.

Other tips:

- If you have a rough spot on your aligner, gently use an emery board to smooth out the area.
- If your aligner becomes lost, cracks, etc., after one week of wear, it may be OK to move into your next aligner. However, please call our office to confirm if this is OK.

Once again, congratulations on your decision to have Invisalign™ treatment and take care of your teeth. The doctors and staff here at Pasha Orthodontics are excited to help you get the beautiful smile that you have always wanted. You deserve it!

With your help, we are committed to
“GOING THE EXTRA MILE TO CREATE YOUR BEAUTIFUL SMILE!”

Check us out for more instructions, fun videos and more...

<https://www.youtube.com/c/PashaOrthodontics3>

Or visit our website for more information www.pashaorthodontics.com



Scan Here

