



INVISALIGN

We're excited to help you reach your orthodontic goals! Please keep this email handy to refer back to as you go along your Invisalign process. Please review the following Invisalign protocols.

- You have been given some of your Invisalign aligner trays. This does not authorize unmonitored orthodontic treatment. We need to see you every 2-3 months to monitor your progress. Make sure you are wearing your current aligners when you come for your visits. Unmonitored treatment can cause damage to your teeth, gums and bone.
- **Wear your aligners for at least 22 hours a day.**
- Move to the next set of trays every 7 days or as directed by Dr. Poh. If the next set does not properly fit, please give us a call for further instruction.
- We have bonded tooth-colored attachments or "buttons" to your teeth to help with certain movements. If one comes off, during your treatment, please call the office. When you have completed treatment, they will be removed.
- Only take out your trays when you are eating or drinking any liquid other than water. Make sure to at least rinse your mouth before re-inserting your trays to help wash away foods and sugars that can damage your teeth. If you are able, floss and brush before re-inserting your trays.
- When you are not wearing your retainers, place them in their protective case.
- Keep your aligners clean. They can be brushed with cool water and hydrogen peroxide, denture cleaner or clear dish soap. **Do not use hot water.**
- If you damage or lose your current aligners, move on to the next set. If the next set does not properly fit, give us a call.
- Occasionally at the end of treatment, we need to correct our course with a refinement. You will wear your current tray until the refinement is delivered.
- At the end of treatment, you will maintain wearing your last set of aligners until your Vivera retainers are given to you.
- Once treatment has been completed and you are ready to start wearing your Vivera retainers, you will wear them just like your aligners for 22 hours a day for 2 weeks straight. After the 2-week period is over, continue to wear the retainers overnight only.
- During treatment, if a box of your trays is lost or your treatment course is affected by non-compliance, we will need a new set of impressions and will need to re-submit your case to get back on track. This would require an additional fee.

Please call or text us at (707) 963-4611 if you have any questions.