



Island Smile ORTHODONTICS

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Invisalign

Aligners are to be worn 22 hours a day

Always rinse new aligners with cool water prior to using them

Aligners should be removed for all eating and drinking, except cool water

Please brush and floss your teeth after each meal/snack prior to re-inserting your aligners

Aligners should be cleaned prior to each insertion using a soft bristle toothbrush with water and a small amount of mild dish soap. Many toothpastes are too abrasive

DO NOT use denture cleaners to clean aligners. DO NOT soak them in mouthwash. These products can damage the aligners

Keep the aligners in the case provided, when they aren't being worn. Any extra aligners should be kept in their packaging, in a drawer, away from heat. Heat can distort the aligners

**** REGULAR DENTAL CLEANINGS AND CHECKUPS ARE RECOMMENDED FOR CONTINUED HEALTH OF GUMS/TEETH****

Attachments (attachments are small, tooth colored “bumps” made of dental bonding material. They are placed in certain locations on your teeth to provide extra grip for the aligners. The attachment creates the anchor point that is needed to help apply the force of the aligner. Buttons are small brackets made of metal that serve as an anchor so the orthodontist can introduce rubber bands to the treatment plan.) Be sure to take extra time to clean around the attachments.

When you are not wearing your aligners, attachments can feel sharp or irritating to soft tissue (lips, cheeks or tongue) They may even rub a sore spot. If this happens rinse several times a day with warm saltwater rinses. The skin toughens up as days, and weeks pass, as it does with braces.

Avoid food/beverages that can stain bonding/attachments such as curry, coffee, red wine, dark sauces, dark colored foods. Remember to rinse with water and brush and floss after eating.

Elastics (rubber bands) are sometimes required with Orthodontic treatment. They provide the force necessary to move the teeth and align the jaw so we can ensure a beautiful and properly functioning bite at the end of treatment.

We need compliance, the orthodontist will let you know how many hours a day you need to be wearing the elastics. If you accidentally skip a few hours or even a day, simply get back into the correct habit as soon as you can.

DO NOT double up on elastics as this can slow the treatment down or even damage the teeth and roots.