

# :DAVID ROSS<sup>®</sup> ORTHODONTICS ALIGNING HAPPINESS<sup>™</sup>



**Invisalign, is a series of custom made trays, that straighten your teeth through sequential straightening movements as you progress through your trays. Invisalign can be used to treat many adolescents and adult. It works for a wide range of orthodontic problems, as well as for those whose teeth may have shifted after having worn braces in their youth.**

The aligners are distributed to you in sets of three at each visit; each aligner is to be worn at least 14 days (in some cases Dr. Ross will advise to change the aligners more frequently). Wearing the aligners for a shorter amount of time or skipping an aligner will compromise the intended results. Dr. Ross will schedule regular appointments once every six weeks. It is important to keep these follow-up appointments so that he can be sure the treatment is progressing as planned.

#### **Instructions for wear:**

- When you insert a new tray, be sure to place it at night, thus allowing the tray to sit until the next morning undisturbed, maximizing the new trays full potential for movement.
- Invisalign only works when you wear the trays. Compliance with tray wear is **CRITICAL** to treatment success. The trays need to be worn a minimum of 22 hours a day, only to be removed when eating and cleaning.
- Like all orthodontic treatments, aligners may initially affect your speech, and you may have a slight lisp for a day or two. Practice talking out loud to facilitate accommodation.
- Most people experience minor tooth soreness for a few days after starting each new stage. This soreness is an indication of the trays effectiveness and will go away in a few days.

#### **Aligner Care:**

- When removing your aligner, place them in your case at all times (not a napkin, as inevitably this will lead to your aligner being thrown away)
- Rinse and brush your aligners with toothpaste and cool water, that's it. Alcohol base mouthwashes or "retainer cleaners" will damage the trays.

If you lose your trays, or have any questions, please call us at **(717) 637-4131**.

INVISALIGN