

GIANNINI / GRAY DENTAL PARTNERS

INVISALIGN DELIVERY

Today you received your new aligners. I hope you are excited with this new journey we are about to embark on together. At today's appointment we placed tooth-colored attachments on the side of a few teeth. These attachments are not visible to the naked eye and act as "grippers" to help the aligners move your teeth. A few of your teeth may also have been slenderized to help to create some space.

Below are the guidelines for your Invisalign process:

- Wear each set of aligners for 14 days
- Each aligner should be worn 22 hours a day
- The only time the aligners should be out is when you are eating, drinking, brushing and flossing
- When drinking water, the aligners do not need to be removed
- Before placing your aligners in your mouth after eating or drinking, be sure to brush and floss. (I have provided you with a new toothbrush and floss)
- The cleaning crystals provided for your aligners are to be used as directed on the package
- On the bottom of each aligner there is a number, which will help you to keep track of the aligner you are currently wearing:

U-01: Upper arch aligner #1

L-01: Lower arch aligner #1

- You were given two containers; one is blue which we like to call ALIVE (active). This is to be used while you are eating so that the aligner will not be lost. Please do not put the aligner in a napkin. Very often you or someone else will throw it away. Remember, this blue/ALIVE/active container should mostly be empty as the aligner should be in your mouth.
- The second container is red, which we refer to as DEAD (not active), meaning that the last aligners that are completed are stored in this container. Only save the previous set of aligners in the ALIVE/DEAD case. All other previously used aligners may be discarded.
- There is a pamphlet inside of your container box that will answer any other questions that you may have but please feel free to contact me with any questions.

Congratulations, you are on your way to a beautiful new smile!