



Dr. James Catt Invisalign Instructions

3546 Lone Pine Rd
Medford, OR 97504

Congratulations on beginning the Invisalign process! Orthodontic Alignment is a life-changing improvement when it comes to Oral Health. We use research and technology to help you have the most effective, comfortable, and efficient orthodontic experience. We want you to get your best result faster and more predictably. To achieve these optimal results and comfort we have some specific instructions that we would like you to follow. If at any time you have questions or comments please email your us at:

grin@roguevalleydentist.com or call us at 541-772-8846

- 1) **Aligner Wear:** We recommend that all patients wear their aligners 23.5 hours/day. This means that we only want you to remove the aligners for a cumulative 30 minutes to brush, floss, and eat certain foods. That's right: you should be drinking and eating in your aligners most of the time during this period. By doing this, we will be able to change your aligners at the fastest rate possible. Your dentist will tell you how often to change your aligners, depending on the difficulty of the tooth movements. See study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3424837/>
- 2) **Munchies:** In your starting kit, you should have received a Munchie! They look like chew toys and are extremely important if you want your teeth to move exactly as your doctor prescribed. They help increase blood flow to the changing bone, decrease soreness, and make the plastic "hug" the tooth the way it is designed too. We want you to use them on all teeth every time you put your aligner in for a minimum of 20 minutes a day. Instructions for use found here: <http://www.orthomunchies.com/for-patients/instructions-for-use>
- 3) **Aligner Tracking:** A benefit of Dr. Catt's guided Invisalign is fewer trips to the office, and technology focused care. Using the Itero Scanner, our aligners fit intimately to your teeth. It is important that all of your aligners fit this way. If you notice an aligner not fitting intimately (not "tracking") to the tooth please take a photo of the tooth with the aligners on, email it to us (grin@roguevalleydentist.com) or call us 541-772-8846 and we will get back to you within 12 hours with instructions on how to get that tooth back on track.
- 4) **What not to eat/drink:** There are a few things that you won't want to do when you have your aligners in.
 - a) Do not take NSAIDS (Ibuprofen, Naproxen, Aspirin, etc). These anti-inflammatories slow down tooth movements and may delay progress. If you are experiencing minor discomfort, Acetaminophen (Tylenol) is ok to take.
 - b) Do not eat/drink anything with turmeric while your aligners in. They will turn bright yellow, and it will not come off! The follow foods have turmeric in it: Yellow curry, Yellow Mustard, Kraft Mac n' Cheese, some Kombucha. If you do eat it, please email or call us for instructions.
 - c) Do not chew sticky foods. Gum, hard candy, taffy make a mess and deseat the aligners. Your hygienist will be happy too!



- 5) Aligner Hygiene: Keeping your aligners clean can be a challenge (especially if you are eating in them). If possible, always brush and floss after meals with Invisalign. If you are going to remove them for a meal, make sure to keep them in your case, and not on a table where an unknowing person or pet might take them away. To clean your aligners, take them off, rinse them under water, and brush with a wet toothbrush.
- 6) Retainers: With Dr. Catt, retainers are included and mandatory. There are several different kinds of retainers, so your dentist will make a recommendation. Retaining your beautifully, newly-aligned smile is the most important part. For the first 3 months after Invisalign, teeth can move quickly (the bone is still soft). It is important to wear your retainers for 22 hours a day for that time, without eating or drinking in the retainers. After 4 months, you will wear your aligners at night, every night. To clean retainers, remove them in the morning, brush them under water, and store them in a dry case (away from pets). Bring your Retainers with you to your hygiene appointments and we will clean them with ultrasonics while we clean your teeth! If calcium deposits build up, you can use special retainer cleaners. We like [OAP foam](#) , Invisalign Cleaning Crystals, and [Retainer Brite](#).

When you follow these instructions, we reduce the need to rescan and refine your Invisalign, and drastically improve the chances of finishing Invisalign on time. Always feel free to email or call our office if you have any questions! We look forward to celebrating your Invisalign success in the upcoming months!

Congratulations!

grin@roguevalleydentist.com

(541)772-8846