

## Invisalign Patients Anticavity Tips

**Follow this rule:** Do not wear Invisalign unless you've cleaned your teeth. By "cleaned" We mean brushed and flossed thoroughly. This means after every meal or any time you eat, not just flossing once at night or when you feel you need to. Understand that there is a lot more to preventing cavities than just good dental hygiene. **You have to follow this dental hygiene routine every single time you eat or drink anything other than water.**

Please remember that snacking is a big cause of decay. Every time you snack the sugars change the Ph of of your saliva and your saliva becomes more acidic that means more bacteria and more tooth decay. We highly recommend eating less processed foods and more whole plant foods. It's healthier and the food is better for your teeth. We also highly recommend that you leave hard candy, sticky candies, and sweet drinks like soda, juices, and sweetened coffee (with liquid creamers) or teas.

**Take your trays out to eat or drink** anything except water. The only thing you can eat or drink when you have your trays on is pure, clean water. That's it.

Use the prescription toothpaste that we give you anytime you brush. Wait after you eat before starting your dental hygiene routine. Swish your saliva around and rinse your mouth with water. Give yourself 5-10 minutes or so, don't just immediately brush and pop the Invisalign trays back in. The waiting gives your mouth time to self-clean.

Use a gum with Xylitol as the sweetener in it after you eat. This helps you get any food particles out of your teeth and increases the saliva in your mouth, to help you self-clean your teeth. So the first step after eating is to chew the gum if you can and then rinse with water, and then wait a bit more and chew Xylitol gum.

After you've chewed all the flavor out of your Xylitol gum, get rid of it and rinse your teeth with water again. Now you want to floss your teeth using a waxed floss tape. The floss tape is better than regular floss which can be too cutting on the gums. Get a waxed floss tape with a little thickness to it, so it can easily get out anything in your gums. Floss carefully every single tooth and gum side. Rinse your mouth as your floss and try to use new floss as you go, rather than the same used section of floss.

Brush your teeth gently and thoroughly using the prescription tooth paste. Remember to also brush your tongue and inner cheeks, and your gums very gently. Rinse your mouth

again with water, a couple times if you need to. **DO NOT EAT OR DRINK ANYTHING FOR 30 MINS AFTER USING THE PRESCRIPTION PASTE.**

Before putting your Invisalign trays back on again clean them very well . You can use a different soft toothbrush and liquid soap and water. Yes, just regular soap and water will do if you are thorough, or you can use an antibacterial liquid soap (preferable) and water. Make sure you use cold water only so the plastic won't get warped or melted. It is also a good idea if you can to put your Invisalign trays in a bowl of cold soapy water (with a liquid antibacterial soap in it, like Dial) to soak while you eat. This isn't always possible, but it helps keep your trays super clean.

Keep your "chewables" very clean. Soak them in soapy water (antibacterial, like Dial) and rinse them with water after you use them. Chewables are these soft white rubber rolls that you chew with your Invisalign on to make sure the Invisalign fit right.

We recommend a prescription mouth rise named CTX 3 its available at the front or can be purchased online.

We recommend getting a good electronic toothbrush like Phillips Sonicare. For one thing, it is automatically gentle and thorough since there is a timer on it. It's not less work but it has added benefits. It does more work in less time that you'd be able to do manually, and cleans very single tooth. You still have to floss thoroughly

Remember, it only takes one time to ruin all the work you put in. So don't ever wear your Invisalign unless you've really cleaned your teeth. Please do your best to get to a bathroom as soon as you can after you have eaten and snacked.

I understand that I have been properly and thoroughly instructed in the appropriate measures to take with Invisalign and I am a high risk patient for cavities if I do not follow Instructions.

Patients Name \_\_\_\_\_

I have read, and understand my role in Invisalign Treatment.

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Signature

Date

You use Aligner Chewies to help close any air gaps between your teeth and your Invisalign aligners. Typically when you get a new set of aligner trays, they may not fit tightly against your teeth at first. Biting on the Chewie helps your trays to fit tighter on your teeth, which helps your treatment progress faster.

To use an Aligner Chewie, just position it between your teeth (either "long way" or "short way" are fine) and bite down. Quickly move it from one end of your mouth to another, continuing to bite up and down, until you have bitten on it with all of your teeth. Then go back and do it again, and keep repeating the process. Most orthodontists will tell you to bite on the Chewie for 5 to 10 minutes several times per day. One popular method is to bite on the Chewie for at least 5 minutes before bed. This will help your Aligner tray stay well seated and tight against your teeth while you sleep at night.

Aligner Chewies are reusable -- to a point. You can wash them with a mild soap and re-use them several times before they will lose their elasticity. We recommend that you wash them after each biting session.