



SHINE

INVISALIGN

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## TREATMENT PLAN

### WHAT IS IT?

Invisalign is a clear liner system that helps to align your teeth without the brackets and wires.

### HOW SHOULD IT FEEL?

The liners should feel a little snug on your teeth. You may have attachments (tooth colored fillings) that will remain on your teeth. Initially, they will feel a little gritty, but they will smooth out after a few days.

### WHY AM I DROOLING?

It is completely normal if you initially notice more saliva. This should correct itself in a few days.

### IS THIS THING ON RIGHT?

The liners are custom to your smile so it should fit over your teeth – not too snug and not too loose.

### WILL IT HURT?

After you've worn the new liner for a few hours, you may experience a low grade achy feeling. That is the teeth starting to move with the pressure from the liners. An over-the-counter pain reliever should be sufficient.

### HOW DO I CLEAN THEM?

Brush the liners with toothpaste and a brush like you do with your teeth. Cleaning crystals are in your starter pack. You can use those to soak the liners if they start to stain, but please do NOT soak them in mouthwash. You should wear these 22 hours a day. No eating or drinking anything besides water with them on.



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