



GREEN LEAF DENTAL

Instructions

Congratulations on beginning the Invisalign process! We are so excited for your journey! Orthodontic alignment is a life-changing improvement when it comes to overall Oral Health. At Green Leaf Dental we use research and modern 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 call us at (206)316-2351 or email us at admin@greenleafdentalseattle.com

1) **Aligner Wear:** We recommend that all patients wear their aligners at least 22 hours/day. This means that we only want you to remove the aligners for brushing/flossing and eating/drinking. That is right: you should be wearing your aligners almost all day. By doing this, you 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.

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 total of 5 minutes a day. Instructions for use found here: <http://www.orthomunchies.com/for-patients/instructions-for-use>

3) **Aligner Tracking:** A benefit of Green Leaf Dental guided Invisalign is fewer trips to the office, and technology focused care. It is important that all of your aligners fit well to ensure you finish on time. 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 your doctor and we will get back to you within 12 hours with instructions on how to get that tooth back on track.



4) **Invisalign App & Virtual Visits:** We like to make this experience as enjoyable and hassle free for you as possible and one of the ways we do that is by utilizing the Invisalign App and virtual visits, so you do not need to come into the office. We will have monthly virtual visits and have you upload progress pictures via the app. For the Invisalign app you will have a barcode on your take home retractor bag, which you will scan to download the app. You will also receive an invitation to add Dr. Yoni as your provider. Once you have connected Dr. Yoni to your Invisalign App you should be able to submit weekly progress pictures to ensure you are tracking under the “My Care” tab. Here is a link to help navigate the Invisalign App:
[vhttps://www.youtube.com/watch?v=HMqvfxgirYY](https://www.youtube.com/watch?v=HMqvfxgirYY)

5) **What not to eat/drink:** There are a few things that you won't want to do when you have your aligners in.

- a) Try to avoid taking 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) Avoid eating/drinking anything with turmeric while your aligners in. They will turn bright yellow, and it will not come off! Some foods that contain turmeric are: Yellow curry, Yellow Mustard, Mac n' Cheese, some Kombuchas and drinks.
- c) Do not chew sticky foods. Gum, hard candy, or taffy because they can cause damage to your aligners and attachments, make a mess and de-seat the aligners. Your hygienist will be happy too!

6) **Aligner Hygiene:** Keeping your aligners clean can be a challenge. 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 room temperature water, and brush with a wet toothbrush (electric is best). Since you will be using new aligners every 7-10 days, you will not need to soak them in aligner cleaner. Do not soak aligner in mouthwash (can discolor them).

6) **Retainers:** At Green Leaf Dental retainers are included and mandatory. There are several different kinds of retainers, so Dr. Yoni will make a recommendation. Retaining your beautifully, newly-aligned smile is the most important part. For the first 6 weeks to 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 3 months, you will wear your retainers 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 our ultrasonic machine 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, text or call our office if you have any questions! We look forward to celebrating your Invisalign success in the upcoming months!