

Your Invisalign Help Guide

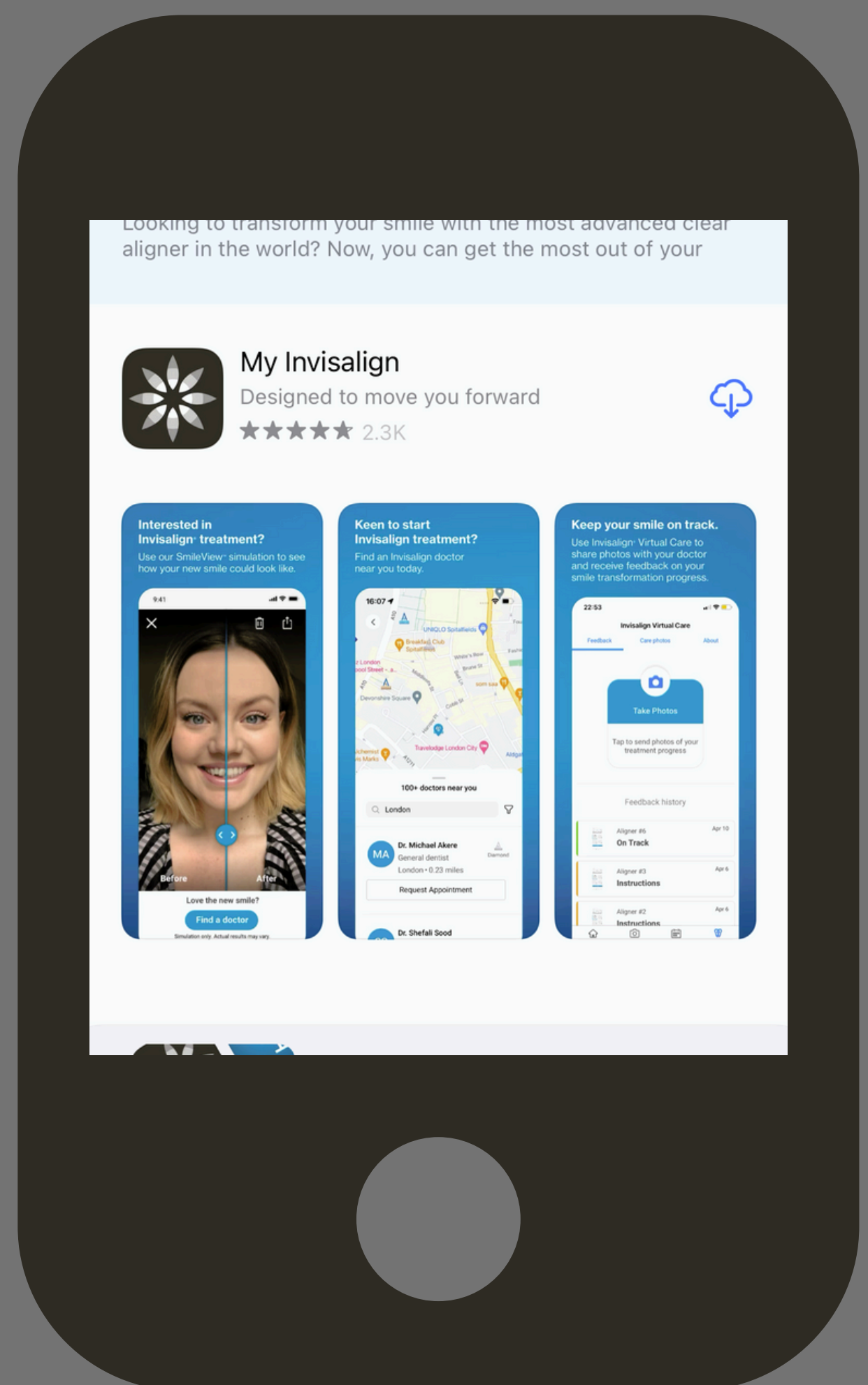


Ibbott & Co.

DENTAL CLINIC

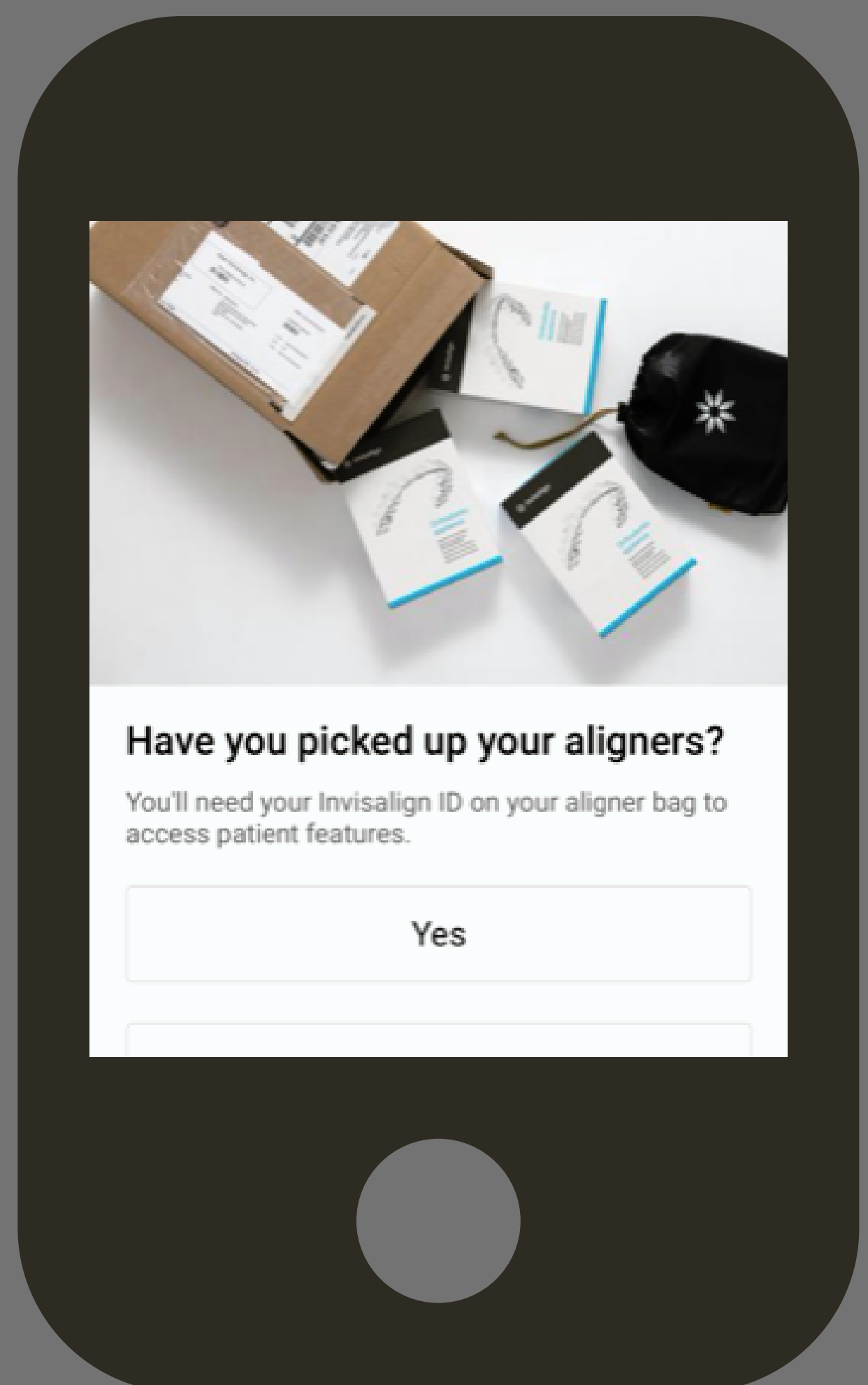
STEP 1

Download the 'My Invisalign App' from your app store.



STEP 2

Open the app and click 'YES' you have collected your aligners.



STEP 3

Scan one of your aligner packets as highlighted here.



STEP 4

Following this you will need to enter the following information:

Total aligner stages = ***

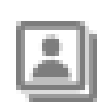
Days of Wear = 7

Current Aligner Stage = 1

VIRTUAL MONITORING PHOTOS

You will be given some cheek retractors to take photos weekly to track your progress.

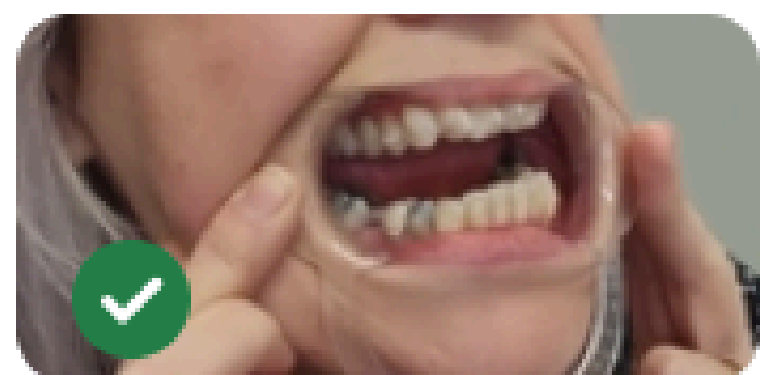
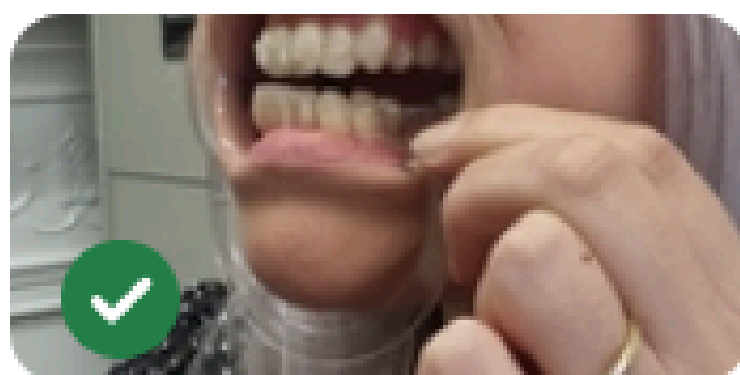
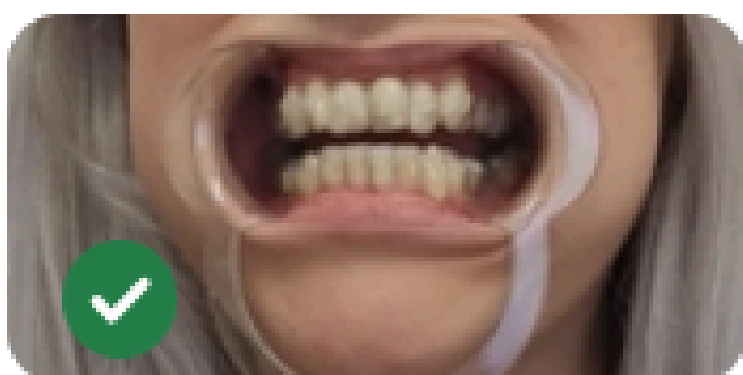
Here is an example of the photos you will be asked to take:



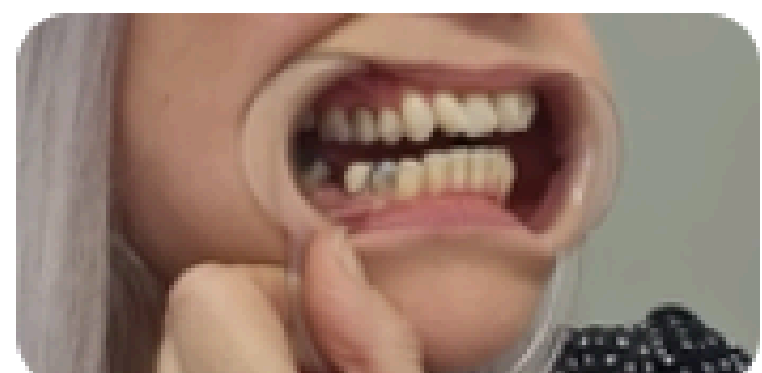
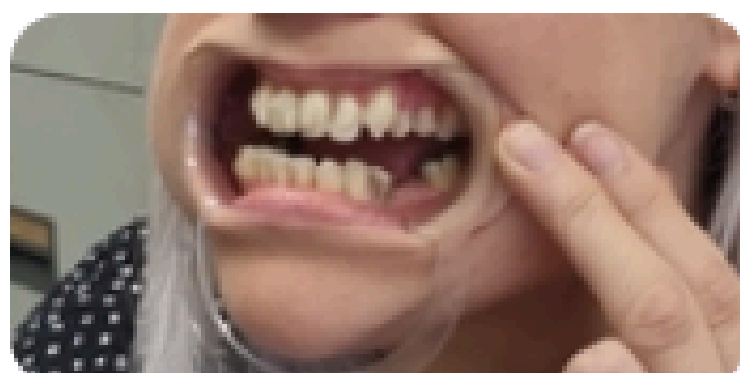
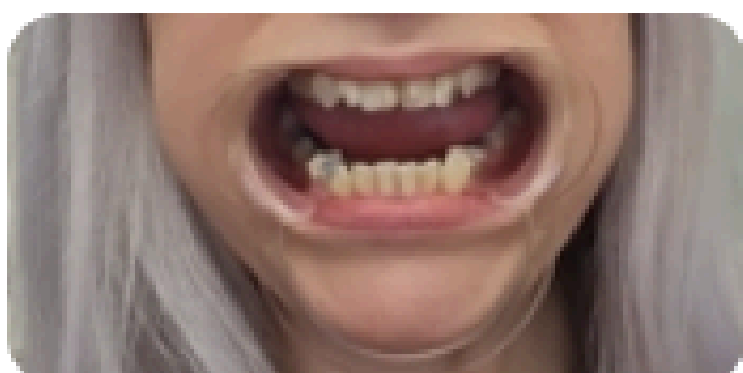
Gallery

Stage 4 ▼

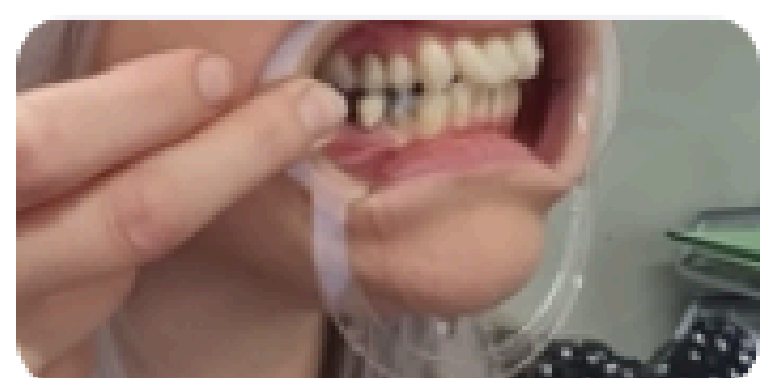
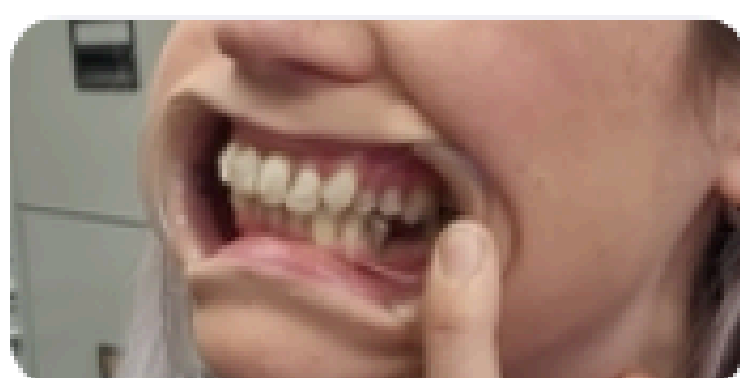
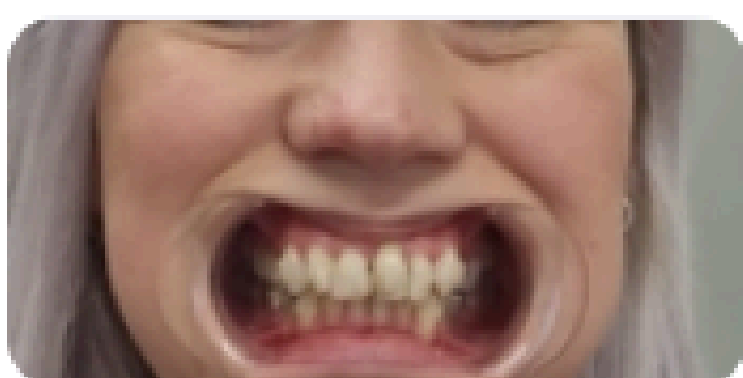
Aligners on. Bite open.



Aligners off. Bite open.



Aligners off. Bite closed.



HINTS & TIPS

- Please wear the trays for 22 hours a day. The other 2 hours in the day you can eat and drink whatever you want.
- Change your aligners every 7 days before you sleep. Keep two trays previous to the one you are on at all times in case you lose your current tray.
- You do not need to brush your teeth every time you eat. Just rinse with water and have some sugar-free chewing gum to make sure there is no food left in mouth before putting the trays back in.
- If you lose any trays in the first 3 days, move back a tray and let us know so we can order a new one. If you're on the 4th day (or more) of wearing the tray, move up to the next tray and let us know this happened.

HINTS & TIPS

- Clean with soap and water. Even better, get Retainer Brite. Place trays in a cup with the tablet/water for 20 mins (once a day ideally) to chemically kill 99% of bacteria.
- You may lose some attachments during your treatment, especially in the first week. This is normal. Most attachments do not need replacing but some do. Please take a photo of the tooth you have lost it on, and either email or whatsapp it to us, and we will let you know whether it is necessary to replace or okay to leave.
- Use munchies every time you put your aligners in - they make your treatment more predictable.

HINTS & TIPS

- If you drink tea/coffee, it might be a good idea to pop the trays out for 5-10 mins. This helps to reduce possible tinting of the trays. The good news is that you change your trays every 7 days anyway. Make sure there is no milk or sugar inside.
- As you progress through your aligners, it is normal for the teeth to stop following 100% (lack of tracking), which is why we most often need your second set of refinement trays to fine-tune. So if you start seeing gaps between your teeth and the tray, this is normal. Use the munchie as much as possible in these areas and continue with the remainder of trays as normal. Even with some loss of tracking, the trays are still working so push on and change trays as planned.