

INVISALIGN FAQ's



WHAT IS INVISALIGN?

Invisalign is a virtually invisible and hygienic orthodontic treatment that uses a series of custom-made removable aligners created specifically for you and only you. These aligners are made of a virtually invisible plastic that you wear over your teeth to gradually move them to the ideal position. Most people won't even notice you're wearing them, allowing you to keep your lifestyle during treatment.

HOW DOES INVISALIGN TREATMENT WORK?

Once you and your Clear Choice Orthodontist determine that Invisalign treatment is suitable for you, your orthodontist will take photos, X-rays, and either impressions or a scan of your teeth. These records will be used to make a 3D treatment plan, referred to as the ClinCheck treatment plan, which will be used to design the custom-made Invisalign aligners. This 3D treatment plan will also depict your likely final tooth position at the end of the treatment. Your custom-made Invisalign aligners will be produced and then shipped to your Clear Choice Orthodontist, who will then provide you a series of aligners, typically enough to last you 2-3 months.

HOW MANY PATIENTS HAVE UNDERGONE INVISALIGN TREATMENT?

More than 3 million patients worldwide have now started Invisalign treatment. The number of Invisalign smiles grows daily.

WHAT ARE INVISALIGN ALIGNERS MADE OF?

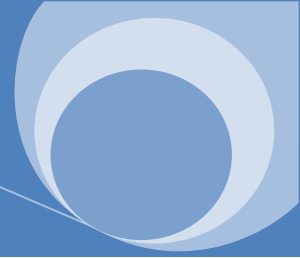
All Invisalign aligners are made of our proprietary custom-engineered material called SmartTrack. This medical grade, thermoplastic polymer has a high elasticity, allowing for a more precise aligner fit and better tooth movement, and providing a gentle and constant force during treatment. The aligners have been designed to give you results while maintaining comfort during treatment. The aligners are custom-made for you and fit firmly over your teeth.

DO INVISALIGN ALIGNERS CONTAIN BISPHENOL-A (BPA)?

All Invisalign aligner/retainer materials are made of medical grade, high molecular weight, thermoplastic polymers. These materials were selected for use in Invisalign aligners and retainers based on their properties and safety classification, and have a long history of FDA approvals for long-term use inside the human body. Tests conducted to determine the biocompatibility of these materials show they are biocompatible and pass applicable regulatory requirements and thresholds for human wear in the mouth.

Based on current knowledge and testing of the raw materials and processes used in the manufacture of Invisalign aligners and retainers, we are not aware of any latex, parabens, phthalates, glutaraldehyde, epoxy, Bisphenol A (BPA) or Bisphenol S (BPS) present in Invisalign aligners or retainers.

INVISALIGN FAQ's



WHAT DO INVISALIGN ALIGNERS LOOK LIKE?

Invisalign aligners look similar to clear retainers, teeth-whitening trays, or gum shields. A series of Invisalign aligners are custom-made for you. Each aligner contains your patient identification number, the number of the aligner in the sequence and the Invisalign logo.

CAN INVISALIGN TREATMENT WORK ON ALL TEETH STRAIGHTENING ISSUES?

ARE THERE ORTHODONTIC ISSUES THAT INVISALIGN TREATMENT IS NOT SUITABLE FOR?

Invisalign clear aligners can treat a range of teeth straightening issues, ranging from mild tooth movements to more complex cases. You will need to have a consultation with a Clear Choice Orthodontist to find out if Invisalign treatment is suitable for you.

CAN INVISALIGN TREATMENT CLOSE GAPS?

Yes, spaces between teeth are generally easy to close with Invisalign treatment.

DOES INVISALIGN TREATMENT WORK ON OVERBITES?

Yes, Invisalign treatment can correct mild-to-moderate overbites. You should consult your Clear Choice Orthodontist to determine the best treatment plan for you.

I HAVE TOOTH DECAY OR PERIODONTAL PROBLEMS/GUM DISEASE (GINGIVITIS OR PERIODONTITIS). CAN I STILL USE INVISALIGN ALIGNERS?

Before receiving any Invisalign treatment, you should have good oral health and ensure that you have addressed any dental problems, including tooth decay and periodontal problems. Your dentist needs to have completed any required dental treatment prior to your Invisalign treatment with your Clear Choice Orthodontist.

AM I TOO OLD TO USE INVISALIGN ALIGNERS?

No, there is generally no age limitation for Invisalign treatment. It is suitable to effectively treat both teenagers and adults of all ages. For adults, Invisalign treatment, which is a virtually invisible treatment option, may offer the convenience and flexibility to straighten your teeth without worrying about the visibility associated with some other treatments.

AT WHAT AGE CAN I START USING INVISALIGN ALIGNERS?

There is generally no minimum age for Invisalign treatment. However, there is a requirement that the first premolar and first molar have erupted, which usually occurs between the ages of 12 and 14 years. Consult with your Clear Choice Orthodontist to see if Invisalign treatment is suitable.



MY TEETH HAVE SHIFTED SINCE I REMOVED MY BRACES. CAN I USE INVISALIGN ALIGNERS TO CORRECT THIS?

A number of Invisalign patients have previously been treated with braces, often during their youth. Invisalign aligners can usually correct the shifting that occurs after treatment with braces, which is commonly referred to as relapse.

CAN I HAVE ONLY MY UPPER (OR LOWER) SET OF TEETH TREATED WITH INVISALIGN ALIGNERS?

It depends on your case; however, to ensure a good and aesthetic outcome in terms of the space between your teeth, both the upper and lower teeth are usually treated with the Invisalign System. You should consult your Clear Choice Orthodontist to see which treatment option is right for you.

WHAT DOES INVISALIGN TREATMENT INVOLVE?

The following are some general information regarding what to expect during your Invisalign treatment process:

- Step 1: Initially your Clear Choice Orthodontist will take photos, X-rays, and digital scans (which may be referred to as an iTero scan) or a dental impression to help formulate your treatment plan.
- Step 2: Align Technology will then use these records, along with the treatment prescription provided by your Clear Choice Orthodontist to create a customised 3D treatment plan just for you (referred to as a ClinCheck treatment plan). The treatment plan developed by your Clear Choice Orthodontist is used to develop the customised aligners and will determine the duration of your treatment.
- Step 3: The customised aligners are manufactured and shipped to your Orthodontist's office.
- Step 4: A series of custom-made aligners will be given to you so you can change them yourself as prescribed. Typically, every 6–12 weeks you will visit your Clear Choice Orthodontist so they can monitor the progress of your treatment and provide you with the next series of aligners.
- Step 5: After you have completed your Invisalign aligner treatment, you will require the use of retainers to help ensure that the new position of your teeth is maintained.

WILL I NEED TO UNDERGO POLISHING AND CONTOURING?

If you require additional space or the contact points in your teeth need to be corrected, you may need to have polishing or contouring as part of your treatment. This could involve minor thinning between your teeth or reshaping uneven tooth for a more aesthetic result. Your Clear Choice Orthodontist will discuss this with you if it is indicated.

INVISALIGN FAQ's



WILL I NEED TO WEAR ELASTICS?

If you require correction of your bite, you may need to use elastics as part of your treatment.

MY CLEAR CHOICE ORTHODONTIST MENTIONED ATTACHMENTS. WHAT ARE THESE?

Depending on your specific treatment, some of the movements may require 'attachments' to help the aligner grip the teeth or as something to push against to move your teeth. The attachments are actually small pieces of enamel-coloured composite your Clear Choice Orthodontist affixes to your teeth. You may also notice small indentations or 'ridges' in your aligners. These are designed to assist in achieving a specific sort of root movement and the presence of these ridges will depend on your Invisalign treatment plan.

HOW OFTEN DO I NEED TO SEE MY CLEAR CHOICE ORTHODONTIST DURING MY INVISALIGN TREATMENT?

You will visit your Clear Choice Orthodontist for a check-up approximately every 6 - 12 weeks to see how your treatment is progressing. During your check-ups, your Clear Choice Orthodontist will check that the aligners are fitting well and make adjustments if necessary.

CAN I GET ALL MY ALIGNERS AT ONCE?

You will be provided with enough aligners to last between visits to your Clear Choice Orthodontist. Your Clear Choice Orthodontist will review your progress each six to twelve weeks and at these appointments new aligners will be provided. Please speak with your Clear Choice Orthodontist about how many aligners you can be provided with between visits.

HOW DO I STORE MY INVISALIGN ALIGNERS WHEN I AM NOT WEARING THEM?

Two aligner cases are included in your patient starter kit.

HOW OFTEN DO I CHANGE MY ALIGNERS?

Your Clear Choice Orthodontist will determine the appropriate schedule so please follow your orthodontist's specific instructions regarding when you need to change your aligners, as this may vary from patient to patient.

HOW LONG WILL IT BE BEFORE I SEE RESULTS?

Results with the Invisalign System start to show a few months after starting treatment.



CAN I SEE WHAT MY TEETH WILL LOOK LIKE AFTER TREATMENT?

The ClinCheck treatment plan, which is a 3D treatment planning technology, will allow you to visualise the final position of your teeth at the end of your treatment course.

I'M MISSING A FRONT TOOTH, CAN I HAVE A FALSE TOOTH?

If you have a missing or extracted tooth in a visible area your aligner can be designed with a "pontic". This pontic is disguised as a tooth and located where your tooth is missing so that no one should know you are in treatment.

MY CLEAR CHOICE ORTHODONTIST MENTIONED REFINEMENT OR EXTRA ALIGNERS. WHAT IS THIS?

Following the straightening of your teeth, you may require some extra aligners to allow further correction. You may need to return for scans/impressions and have additional aligners produced to achieve the desired outcome or in minor cases this can be achieved with photos only.

MY ORTHODONTIST MENTIONED RETENTION. WHAT IS THIS?

Retention is an important part of your treatment plan and is designed to help prevent your teeth from moving out of alignment again. There are many retention options available, including Invisalign retainers which are similar to Invisalign aligners and can be worn to hold your teeth in the desired position. Depending on your Clear Choice Orthodontist's recommendation, the retainer may only need to be used at night or for longer periods.

CAN INVISALIGN TREATMENT BE USED FOR PATIENTS WHO REQUIRE TEETH EXTRACTED?

Extraction of premolars or lower incisors, for example, is an option for addressing bite issues and orthodontic issues which would otherwise need surgical treatment to correct. Depending on the stage of your physical development and your specific case, your Clear Choice Orthodontist will determine whether extraction is suitable for you.

IF I HAVE CROWDED TEETH, WILL MY ORTHODONTIST RECOMMEND EXTRACTION?

When you have your orthodontic assessment, the treating Clear Choice Orthodontist will review your tooth alignment and assess whether you have the right amount of space, excess space, or too little space (i.e. crowded teeth). In some patients, if the crowding is severe, extraction of premolars may be required so that your treating orthodontist can align your teeth during treatment.



HOW SHOULD THE ALIGNERS BE INSERTED?

Make sure to wash your hands well before handling your aligners, and handle only one aligner at a time. Rinse your aligners well when removing them from their packaging. Follow these steps when inserting your aligner:

1. Make sure you have the proper aligner – there is one specifically for your top teeth (engraved with a “U” for upper) and one for your bottom teeth (engraved with an “L” for lower).
2. Either aligner may be inserted first.
3. When inserting each aligner, gently push the aligner over the front of your teeth and then apply equal pressure with your fingertips to the tops of your left and right molars (back teeth) until the aligner snaps into place.
4. Do not bite your aligners into place with your teeth as this may damage them. However, you can use aligner ‘chewies’ (rubbery cylinders) to fully seat your aligners into place.
5. If you notice a sharp pain or have significant discomfort, discontinue the use of the aligners and contact your Clear Choice Orthodontist.

HOW SHOULD THE ALIGNERS BE REMOVED?

Make sure to wash your hands well before handling your aligners, and handle only one aligner at a time. Remove your aligners following these steps:

1. On one side of your mouth, use your fingertip on the inside of your back molar to slowly pull the aligner from your molars (back teeth).
2. Repeat this process on the other side of your mouth before completely removing the aligner.
3. Once the aligner is disengaged from the molars on both sides of your mouth, you should be able to slowly work your way forward gently prying the aligner away from your teeth with your fingertips.

Other things to keep in mind when removing the aligners:

- Immediately rinse the aligner with water, shake off excess water, and store your aligners in their protective case.
- Avoid unnecessary removal of your aligners to prevent damage.
- Take care when removing your aligners, particularly if multiple attachments are being used.
- Do not use excessive force and do not use any sharp object when removing your aligners.
- Consult your Clear Choice Orthodontist if you have difficulties in removing the aligners.

INVISALIGN FAQ's



SOMETIMES WHEN I REMOVE MY ALIGNERS, MY TEETH FEEL LOOSE. WHAT SHOULD I DO?

This is normal when undergoing orthodontic treatment. As your Invisalign aligners gradually shift your teeth into their proper position, your gums and bone are re-forming around each tooth as it moves. However, tell your Clear Choice Orthodontist so they can make sure everything is ok.

WHAT HAPPENS IF MY ALIGNERS NO LONGER FIT?

If your aligners no longer fit, you should immediately contact your Clear Choice Orthodontist, who will diagnose what remedial action may be needed. This may involve moving back one or two stages in treatment to a previous aligner or possibly the use of some additional orthodontic treatment.

WHAT SHOULD I DO IF MY ALIGNER IS LOST OR BROKEN?

Contact your Clear Choice Orthodontist if you have lost or broken an aligner. As your Clear Choice Orthodontist may recommend that you temporarily go back one stage while a replacement is being made or forward to the next one and wear it for longer. For this reason, it is helpful to keep the most recently used aligners just in case.

WHAT'S THE BEST WAY TO CLEAN MY ALIGNERS?

Clean your aligners using a soft toothbrush with water before inserting them into your mouth. Your aligner should be rinsed with water after each cleaning. It is recommended that you remember to brush and floss your teeth after each meal and prior to re-inserting your aligners to maintain proper oral hygiene.

WHAT ORAL HYGIENE SHOULD I BE AWARE OF DURING MY TREATMENT?

Follow these steps to help ensure proper oral hygiene while undergoing treatment:

1. Remove your aligners before eating and drinking. But you do not need to remove your aligners to drink cold water.
2. Brush and floss your teeth after each meal or snack prior to re-inserting your aligners. If you do not have access to your toothbrush, you can simply rinse your mouth, and then clean your aligners by holding them under warm running water. Be sure to thoroughly clean your aligners at your earliest convenience.
4. Regular dental check-ups and cleaning with your general dentist are recommended for the continued health of your teeth and gums.

INVISALIGN FAQ's



DO I NEED TO WEAR THE ALIGNERS ALL DAY?

You should wear each aligner 20 to 22 hours per day during your treatment for best results and a timely outcome. Less wear could compromise your result or prolong your treatment.

ARE THERE RESTRICTIONS ON WHAT I CAN EAT WHILE ON TREATMENT?

No, you can usually eat whatever you desire while in treatment because the Invisalign aligners are removed when eating/drinking. Thus, there is no need to refrain from your favourite foods and drinks unless instructed by your Clear Choice Orthodontist. However, it is recommended that you floss and brush your teeth after each meal and prior to re-inserting your aligners to maintain proper oral hygiene.

CAN I DRINK HOT OR COLD BEVERAGES WHILE WEARING MY ALIGNERS?

Except for cool water, we recommend that you do not drink while wearing the aligners. This is to avoid formation of cavities and stains on your teeth, or warping of the aligners with hot beverages.

CAN I DRINK ALCOHOL WHILE WEARING THE ALIGNERS?

You should remove your aligners to consume anything except for water. Leaving aligners on while drinking may stain them and you may risk developing tooth decay or white marks while consuming fluids with sugar in them.

CAN I CHEW GUM WHILE WEARING THE ALIGNERS?

You should not chew gum while wearing your aligners as the gum may stick to the aligner. We recommend removing your aligners for all meals and snacks, and for chewing gum.

CAN THE ALIGNERS SLIP OFF WHILE I'M SLEEPING?

It is very unlikely that your aligners will ever fall out, no matter what you were doing at the time (such as sleeping, talking and laughing). Invisalign aligners are designed to fit firmly on the teeth, so this should not be a cause for concern.

WILL WEARING THE ALIGNERS AFFECT MY SPEECH?

Similar to other orthodontic treatments, the Invisalign aligners may temporarily affect the speech of some people for a day or two. However, as your tongue gets used to having aligners in your mouth, any misarticulation or minor speech impediment caused by the aligners should disappear. Please contact your Clear Choice Orthodontist about ways to help you adapt more quickly to wearing the aligners.

INVISALIGN FAQ'S



IF I FEEL THAT MY TEETH LOOK STRAIGHT ENOUGH, CAN I STOP THE TREATMENT?

It is important that you follow the treatment plan developed by your Clear Choice Orthodontist to ensure the best outcome. Your Clear Choice Orthodontist will determine the recommended treatment duration for you dependent upon several considerations including the spacing between your teeth and the need for retention.

IF I AM TRAVELLING, CAN I GET ADDITIONAL ALIGNERS AT MY APPOINTMENT WITH MY CLEAR CHOICE ORTHODONTIST?

It is recommended to visit your Clear Choice Orthodontist for regular visits to ensure your treatment plan is on track. If you need additional aligners due to travel periods, consult your Clear Choice Orthodontist as this is dependent on your specific case and treatment plan.

I AM MOVING INTERSTATE OR TO A DIFFERENT COUNTRY. HOW CAN I CONTINUE MY TREATMENT?

If moving interstate your Clear Choice Orthodontist will arrange for you to continue your care with another orthodontist familiar with Invisalign treatment. If moving overseas, Invisalign treatment is available in more than 100 countries worldwide, and you can transfer your Invisalign treatment to another provider to continue your treatment. Please contact your current orthodontist to discuss the process.

CAN I WEAR ALIGNERS IF I'M PREGNANT?

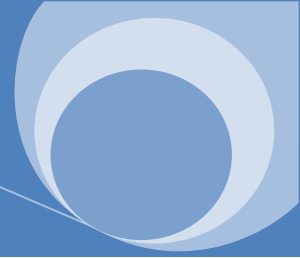
The aligners are made of non-toxic, medical grade plastic and can be worn during pregnancy. If you are concerned, please consult your healthcare professional.

IS INVISALIGN TREATMENT PAINFUL?

While Invisalign treatment may move your teeth without the pain and anxiety of other straightening methods, some people might experience temporary, minor discomfort for a few days at the beginning of each new stage of treatment. This is normal and is typically described as a feeling of pressure. It is a sign that the Invisalign aligners are sequentially moving your teeth to their final positions. This discomfort typically goes away a couple of days after you insert the new aligner in the series.

I AM EXPERIENCING PAIN AND DISCOMFORT WHILE USING MY ALIGNERS. WHAT SHOULD I DO?

Some discomfort is normal for the first few days but if you notice a sharp pain or have significant discomfort, contact your Clear Choice Orthodontist immediately.



ARE THERE ANY WARNINGS OR CONTRAINDICATIONS WITH THE USE OF INVISALIGN ALIGNERS?

Invisalign treatment is contraindicated in patients with active periodontal disease. If you have periodontal (gum) disease, you should consult your Clear Choice Orthodontist before undergoing Invisalign treatment. Warnings with Invisalign treatment include:

- In rare instances, some patients may be allergic to the aligner material. If this occurs, discontinue use and consult a healthcare professional immediately.
- In rare instances patients with hereditary angioedema (HAE), a genetic disorder, may experience rapid local swelling of tissues including the larynx. This may be triggered by mild stimuli including dental procedures. If this occurs, discontinue use and consult a healthcare professional immediately.
- Orthodontic appliances, or parts thereof, may be accidentally swallowed or inhaled, and may be harmful.

WHY DO SOME OF MY ALIGNERS HAVE BUMPS OR RIDGES ON THEM?

Depending on your specific treatment, some of the movements may require either “attachments” or “ridges” to help the aligner grip the teeth. These bumps or wells are where the aligner grips the attachment your Clear Choice Orthodontist places on your teeth. The attachments are actually small pieces of composite your Clear Choice Orthodontist affixes to your teeth that are then gripped by bumps on your aligners. The ridges are slim indentations in your aligners. Your Clear Choice Orthodontist will use one or both of these features to attempt to achieve the desired movement.

ARE THE ALIGNERS REALLY INVISIBLE?

Aligners are virtually invisible and discreet, so most people will not even notice you wearing them.

ARE MY ATTACHMENTS REMOVABLE?

No, the attachments are not removable. If you have any issues with your attachments during treatment, please consult your Clear Choice Orthodontist.

WHO MAKES INVISALIGN ALIGNERS?

Invisalign aligners are manufactured by Align Technology, Inc. Align Technology was founded in 1997 and is headquartered in San Jose, California with offices worldwide. The Invisalign System is offered directly by Align Technology in more than 100 countries.

INVISALIGN FAQ'S



HOW OLD IS THE INVISALIGN TECHNOLOGY?

The vision of the use of clear aligners for comprehensive orthodontic treatment first began in 1945. In 1999, Align Technology pioneered the invisible orthodontic market with the introduction of the Invisalign System. By 2001, 1 million clear aligners had been manufactured. By combining digital treatment planning, including 3D technology, and mass-customisation, the orthodontic industry has been transformed. As of January 2015, over 3 million patients have started Invisalign treatment.

WHERE ARE INVISALIGN ALIGNERS MANUFACTURED?

All Invisalign products are designed, manufactured and marketed by Align Technology, whose global headquarters are in California, USA, and manufacturing operation unit is in Juarez, Mexico.

ONE OF MY ALIGNERS HAS CRACKED. WHAT SHOULD I DO?

If your Invisalign aligner cracks or tears for any reason, it is very important to contact your Clear Choice Orthodontist right away. A cracked or torn aligner may not be able to exert the right pressure for proper tooth movement but your Clear Choice Orthodontist will determine what is best for you.

WHAT HAPPENS IF I BREAK OR LOSE AN ATTACHMENT?

In the event that an attachment is lost or broken, you should immediately contact your orthodontist.

MY ALIGNER HAS A SHARP EDGE. IS THIS NORMAL?

A rough edge of an aligner can be smoothed with a clean nail file. If your Invisalign aligners feel like they are irritating your gums, they may need to be assessed. We recommend that you give your Clear Choice Orthodontist a call so they can evaluate the fit and determine what needs to be done.

WHAT CAN I DO AFTER MY INVISALIGN TREATMENT IS COMPLETE TO PREVENT MY TEETH FROM MOVING AGAIN?

This varies individually, depending on the outcome of each treatment but you will require a retainer. The types of retainers include those fixed to the teeth, removable plastic retainers, or Invisalign retainers - which are similar to the aligners. Discuss these possibilities with your Clear Choice Orthodontist. Every patient is different and outcomes do vary.

WILL I NEED A RETAINER ONCE MY INVISALIGN TREATMENT IS COMPLETE?

Wearing a retainer after any orthodontic treatment is an important step, because it keeps teeth stable in their new positions. If you want your teeth to remain in their ideal position for the rest of your life, it is best to wear a retainer as directed by your Clear Choice Orthodontist.