

FREQUENTLY ASKED QUESTIONS

What is Invisalign?

The Invisalign system is an orthodontic treatment that corrects malocclusion with a series of custom-made, nearly invisible aligners that are comfortable to wear, and removable for meals and normal brushing and flossing.

How does Invisalign work?

When you meet with Dr. XXX, he/she will take orthodontic records of your teeth and send all the material to Invisalign.

At Invisalign, a computer model of your teeth and your treatment is created — almost like an animated movie of the way your teeth will move from the current position to the final desired position.

The doctor reviews and approves the treatment plan. Invisalign produces a series of clear, plastic aligners that correspond to the stages of tooth movement in the 3-D movie. Each set of aligners is designed to move the teeth a small amount. You will wear each stage of aligners for approximately two weeks before switching to the next set in the series. Week by week, your teeth are straightened until they reach the desired position.

What are the primary benefits of Invisalign?

- Nearly invisible:
You can straighten your teeth without anyone knowing.
- Removable: You can eat and drink what you want.
- Easier to maintain good oral hygiene: You can brush and floss normally to maintain healthy gums and teeth.
- Comfortable: There are no wires or brackets to cause mouth abrasion.

How do I get started?

- Just make an appointment with Dr. XXX for an initial exam.
- You may find more valuable information at www.invisalign.com.

ABOUT TREATMENT

Does a doctor need any special training with Invisalign?

Doctors must attend and complete an Invisalign training seminar to treat patients with Invisalign. Align also provides doctors with many opportunities for continuing education and advanced Invisalign training.

How long does treatment take with Invisalign?

Like traditional braces, the length of treatment depends on the complexity of the case. Treatment time typically is about the same as conventional braces—about a year.

How often must I wear the aligners?

Invisalign aligners should be worn day and night, except when eating, brushing, and flossing. We recommend that the aligners be worn 20-22 hours per day.

Are there restrictions on eating and drinking?

No. Because you remove your Invisalign aligners before you eat, there are no restrictions on the types of food you may eat during treatment.

Does Invisalign hurt?

During the first day that you use each set of Invisalign aligners, you may feel some discomfort. That's because the aligner is gently moving your teeth. In most cases, the discomfort passes within the first day.

Has Invisalign been reviewed by the FDA?

Invisalign has FDA clearance as a Class II device.

