

Gallery57Dental

THE NEW YORK SMILE SPECIALISTS

So you just started INVISALIGN...

CONGRATS! YOU'RE ON YOUR WAY TO BEAUTIFUL, HEALTHY, STRAIGHT TEETH.

HERE ARE SOME TIPS FOR MAINTAINING YOUR BEAUTIFUL, HEALTHY NEW SMILE!

- Prior to your retainers being made, continue to wear your last tray. It's ok to wear this even after your buttons have been removed—the tray should still fit.
- Retainers should be worn 22 out of 24 hours per day for at least 1 month after treatment is complete. You can then begin to slowly decrease the amount of time that you are wearing them. 3 months after treatment is complete, you can begin wearing the retainers only at night. Basically, you're only taking these out to eat, drink or brush your teeth. The trays can be changed weekly, but only if you're good about wearing them! If the tray you're wearing is still tight at the end of the week, keep it in for an extra couple of days. If the trays aren't fitting properly, let us know. Occasionally, there can be interferences that can keep the teeth from moving to the correct position.
- Continue wearing the retainers for as long as you want your teeth to be maintained in their current position! **If you do not continue to wear them, your teeth will shift back.**
- Retainers can be worn for a full year before needing replacement. If it starts to feel loose before then, let us know and a new one can be made. If you have excess saliva—don't worry, this is a normal response and will go away soon. If the attachments are driving you crazy—you will get used to these also. It just takes a few days. If you're sore after switching to a new tray, this too is normal. A couple of Advil (as long as you don't have a problem taking it) will usually take away any discomfort.
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If you have any other questions, please feel free to reach out to us. We are happy to help!