



Pre-Op for Invisalign Bonding Appointments

Congratulations!

You are about to start on your Invisalign journey! We are excited to start this adventure with you and wanted to provide you with some instructions to make this next step in your smile journey as smooth as possible. Please review the following information.

Medical History and Medications

Inform our team about your complete medical history, including any underlying health conditions, medications you are taking, and any allergies you may have, especially to anesthesia or antibiotics.

Appointment Confirmation

Confirm the appointment date and time with the patient.

Oral Hygiene

Please thoroughly brush and floss your teeth before the appointment. Clean teeth provide a better surface for bonding and better results with less issues in the future.

Eating Before the Appointment

Please have a light meal before their appointment, as they might experience some discomfort or sensitivity afterward.

Pain Relievers (Optional)

Take an over-the-counter pain reliever such as Advil or Tylenol before the appointment if you are concerned about potential discomfort. In most cases, this will not be necessary.

Clothing

We recommend wearing comfortable clothing to ensure a relaxed experience during the appointment.

Communication

If you have any questions or concerns about the procedure, don't hesitate to ask our team before the appointment.

Minimize Stress

If you're feeling anxious about the procedure, try relaxation techniques like deep breathing or listening to calming music. We offer a variety of different calming agents in the office such as pillows, blankets, movies, beverages, ear plugs and noise canceling headphones. Please ask for them during your visit.



Reschedule if Unwell

If you develop a cold, flu, or any contagious illness before your appointment, it's best to reschedule to prevent the spread of germs to staff and other patients.

Payment and Insurance

If there are any out-of-pocket expenses or payment considerations will be addressed this beforehand.

Length of Appointment

The appointment should take no longer than an hour. **Please plan accordingly.**

Avoid Lipstick and Gloss

Do not wear lipstick or lip gloss on the day of the appointment, as it could interfere with the bonding process.

Oral Piercings

We recommend removing any oral piercings before the appointment, as they may obstruct the bonding process and become a source of discomfort during treatment.

We are super excited to be on this journey with you. If you have any questions or concerns, please reach out to our team and they will be addressed.

Thank you and see you very soon.

Go Dentistry Team



Post op instructions for Invisalign Bonding

Congratulations!

You have started a journey to better oral health. You have just completed the start of your Invisalign treatment, and we are here to guide you along the way. Please review the following post operative instructions to ensure success and comfort during your treatment in your aligners.

Oral Hygiene:

Continue to maintain excellent oral hygiene. Brush your teeth and clean your aligners after every meal before putting them back in. Flossing is just as important as brushing when you are wearing clear aligners. Please floss as well after every meal

Aligner Insertion:

Begin wearing your aligners immediately after the bonding appointment. Follow the schedule provided by our team for changing to new aligners. Invisalign only works when you are wearing them.

Discomfort and Sensitivity:

It's normal to experience mild discomfort and pressure when wearing new aligners. This typically subsides within a few days.

Wear Hours:

Wear your aligners for 20 to 22 hours a day, removing them only for eating, drinking (except water), and oral hygiene.

Speech Adjustments:

You might notice slight changes in your speech during the initial days of wearing aligners. Practice speaking to adjust more quickly.

Attachments and Buttons:

If you have attachments or buttons, avoid touching them with your tongue or fingers to prevent damage.

Dietary Restrictions:

Continue to avoid foods and beverages that can stain or damage the aligners and remove them before eating. Do not eat anything with the aligners in your mouth, please remove them before eating. Refrain from drinking anything with color in it.



Retainer Case:

Always carry a retainer case with you. When you remove your aligners, place them in the case to keep them safe and prevent loss.

Keep Aligners Clean:

Clean your aligners daily using the recommended cleaning solution or as advised by your orthodontist. Avoid using hot water, as it can warp the aligners.

Avoid Chewing Gum:

Refrain from chewing gum while wearing your aligners, as it can stick to them and damage the aligner material.

Regular Dental Care:

Continue attending your regular dental checkups and cleanings to maintain overall oral health.

Follow-Up Appointments:

Adhere to the schedule of follow-up appointments provided by our team. These appointments are crucial for tracking progress and receiving new sets of aligners.

Handling Aligners:

Always handle your aligners with clean hands to avoid transferring dirt and bacteria. Once you are done with one set of aligners, do not throw your previous aligner away. Once you are done with the next set, you can discard the previous set. For example, if you are done with tray 2, do not throw it away until you are done with tray 3. If you lose an aligner, you can always return to the previous aligner until you come in for a visit.

Payment and Insurance Questions:

If you have any questions about post-treatment costs or insurance coverage, feel free to ask our office.

Accidents and loose buttons:

If you lose a button or lose a tray, please call our office and we will bring you in for an exam.

If you have any questions regarding your treatment, please let us know. We are here to guide you along your journey.

Thank you and thank you for your trust.