



เอกสารคำแนะนำ การปฏิบัติตัว ภายหลังจากการรักษา
(Patient Instruction)

Patient name
HN.

KDC-PI Invisalign ENG

Invisalign

1) **General Information**

Invisalign is an orthodontic device that uses transparent, incremental aligners to adjust teeth as an alternative to wear braces. The Invisalign treatment process involves taking a mold of the patient's teeth that is scanned in order to create a computerized model. Using the orthodontist's treatment plan, the computer model creates stages between the current and desired teeth positions that are used to create molds for individual aligners

2) **Alternatives treatment**

Fixed orthodontic appliance

3) **Risk and side effect of treatment**

General Risks :

- 1) Discomfort is expected when patients wear invisalign for the first time or when it's time to change to the next set of invisalign. After around 1 week , the patient will get relieved from the symptom.
- 2) If you experience sharp pain or significant discomfort, discontinue use of the aligners and contact your doctor.

Special Risk :

None

4) **Pre / Post Care**

Aligner Insertion :

- 1) Wear your aligners per your doctor's instruction , usually 20-22 hours per day.
- 2) Wash your hands thoroughly with soap and water before handing your aligners.
- 3) Handle only one aligner at a time.
- 4) Rinse your aligners when removing them from the packaging.
- 5) Make sure you have the proper aligner - the upper for your top teeth and the lower for your bottom teeth.
- 6) To help avoid confusion, each aligner is engraved with your unique case number ,a "U" for upper and an "L" for lower, followed by the stage number.
- 7) You may insert either the upper or lower aligner first. When inserting each aligner , gently push the aligners over your front teeth. Then apply equal pressure, using your fingertips to the tops of your left and right molars (back teeth) until the aligner snaps into place.

Aligner Removal :

- 1) On one side of your mouth, use your fingertip on the inside of your back molar to slowly pull the aligner from the molars.
- 2) Repeat this process on the other side of your mouth before trying to completely remove the aligner.
- 3) Once aligner is disengaged from the molars on both sides of your mouth, you should be able to slowly work your way forward, gently pry the aligner away from your teeth with your fingertips.
 - Immediately rinse aligner with water, shake off excess water, and store your aligners in the protective case provided with your starter kit.
 - To help prevent damage to the aligners, avoid unnecessary removal.
 - Take special care in removing your aligners, especially if multiple attachments are being used.
 - Consult with your doctor if your aligners are extremely difficult to remove.

Daily Care and Maintenance of your Invisalign Aligners :

- 1) Clean your aligners prior to each insertion. Use a soft bristle toothbrush with water and a small amount of toothpaste. You may find it easiest to clean the outside of your aligner by brushing them while they are still on your teeth, then remove your aligners to clean the inside surfaces.

Note : Be sure to rinse each aligner thoroughly with water each cleaning. We also recommend that you use the Invisalign aligner cleaning products once a week, or as needed.

- 2) Do not use denture cleaners to clean aligners, Do NOT soak them in mouthwash. These products can



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damage the surface of the aligner, causing it to become dull and more visible.

Proper Oral Hygiene :

- 1) Remove your aligners before eating and drinking. (You do not need to remove your aligners to drink cool water)
- 2) Brush and floss your teeth after each meal/ snack prior to re-inserting your aligners. If you don't have access to your cleaning system or a toothbrush, you can simply rinse your mouth , and then clean your aligners by holding them under warm running water. It's not the best way to clean, but it works in the pinch. Be sure to thoroughly clean your aligners at your earliest convenience.
- 3) If you have any questions regarding hygiene techniques, please consult your doctor.
- 4) Regularly dental checkups and cleaning. It is recommended for you to continue having healthy teeth and gums.
- 5) Using chewie will help invisalign fit on your teeth much tighter and regular use of chewie will have a great impact on the success of the Invisalign orthodontic treatment.

Storing your Invisalign Aligners :

Two aligner cases are included in your starter kit , a blue case and a red (or orange) case. We recommend that you store your Invisalign aligners in a case when they are not in your mouth. This will help protect them from loss and damage.

Designate your blue aligner case for your "current stage." Store the aligners you are currently using (e.g.,stage #1) in this case. When it is time to switch up to the next stage (e.g.,stage #2), transfer the previous aligners (e.g.,stage #1) to the red (or orange) case. Always keep the most recently used aligners in this case. If your current aligner is lost or Broken, your doctor recommends that you temporarily go back one stage and use the aligners in the red (or orange) case while a replacement is being made.

Note : Keep all of the order aligners in a clean plastic bag , or as instructed by your doctor. Keep them out of reach of small children and pets.

Prohibition :

- 1) Do not bite your aligners into position. This may damage them.
- 2) Do not use excessive force to bend or twist an aligner to get it off.
- 3) Do not use any sharp object to remove your aligners.