



FREQUENTLY ASKED QUESTIONS AND ANSWERS

Q: Will the treatment be painful?

A. Most people experience tooth soreness for a few days after starting each new stage. This is normal. It is a sign that the Invisalign aligners are working, moving your teeth to their final destination. This soreness should gradually go away a couple of days after inserting the new aligner in the series. If it doesn't, promptly call your doctor.

Q: Will wearing the Invisalign aligners affect my speech?

A. Like all orthodontic treatments, the aligners may temporarily affect your speech, and you may have a slight lisp for a day or two. However, as your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by your aligners should disappear.

Q: What should I do if my new Invisalign aligner doesn't snap onto my teeth?

A. Minor discrepancies between the new aligner and the current tooth position are normal, since the teeth need time to conform to the new aligner position. In the event of significant problems with aligner fit, inform your doctor.

Q: Are there restrictions on what I can eat?

A. In general, no. Unlike traditional orthodontics, you can usually eat and drink whatever you desire because you remove your aligners while eating. Thus, there is no need to restrict your consumption of any of your favorite foods and snacks, unless otherwise instructed by your doctor.

Q: Is it OK to drink hot or cold beverages while wearing Invisalign aligners?

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

Q: Can I chew gum while wearing Invisalign aligners?

A: No. Gum will stick to the aligners. We recommend removing your aligners for all snacks and meals.

Q: Will smoking or chewing tobacco stain the aligners?

A. We discourage tobacco use while wearing aligners because of the possibility of aligner discoloration.

Q: Why do some of my aligners have bumps or ridges on them?

A. 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 the doctor places on your teeth. The attachments are actually small pieces of composite the doctor affixes to your teeth that are then gripped by bumps on your aligners. The ridges are slim indentations in your aligners. Your doctor will use one or both of these features to attempt to achieve the desired movement.

Q: What if I lose or break an Invisalign aligner?

A. In the event that an aligner is lost or broken, you should immediately inform your doctor. Your doctor will probably tell you to start wearing your last set or next set of aligners immediately. He or she will possibly order you a new set of aligners to replace the ones you just lost, which should arrive in a few days.

Q: What if I lose or break an attachment?

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

[Note: If you have additional questions after reading this pamphlet, please consult with your doctor.](#)

