

1. Aligners

For Invisalign to work properly, you must wear your aligners 20-22 hours per day.



2. Attachments

These are small, tooth colored shapes that are attached to the teeth. They help the aligners to grab and position the tooth.



3. Auxiliaries

Sometimes patients are asked to wear auxiliaries, such as rubber bands to help move teeth.



4. Adjustment (IPR)

If the teeth are very crowded, it may be necessary to adjust in-between the teeth, by polishing with very fine "sandpaper".

5. Additional Aligners

After your first full set of aligners, if your teeth are not exactly where we want them, it may be necessary to add additional aligners, called refinement aligners.

6. Afterwards

After completing Invisalign treatment you will be given retainers that must be worn as prescribed for as long as you want your teeth to stay straight.

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