

# AbrahamOrthodontics

Dr. Maxwell Abraham DDS MS FRCDC(C)

Certified Specialist in Orthodontics & Dentofacial Orthopedics



## WELCOME TO #AOMazing! Invisalign and Clear Aligner Trays

### Care Instructions

1. Wear **22 hours/day** and use your chewie daily for 5-10 minutes.
2. **Never eat or drink** (especially acidic/sugary/hot) with your trays other than water.
3. Remove trays from the **inside, back of the last tooth** in your mouth.
4. **Brush the inside of the aligners** with soap/water to avoid permanent teeth stains
5. Keep your new and old trays and follow the number AND the dates.
6. Forgetting to wear them? Add an extra week of wear for that set with poor wear
7. BEFORE changing your aligners to the next number, **CHECK to see the fit.**
  - a. If its GOOD, move on.
  - b. If its POOR, ensure you are wearing 22 hours/day, use the chewie every time you insert for 5-10 minutes and STAY on the current tray until the fit is good.



**DO NOT TRANSITION TO YOUR NEXT ALIGNER UNTIL ALL GAPS BETWEEN THE TEETH AND THE ALIGNER ARE RESOLVED.**

8. Attachments will stain with coffee, tea, wine and sports drinks. Brush well after drinking
9. You can wear a sports guard with or without them
10. You can absolutely whiten your teeth during treatment:
  - a. Crest WhiteStrips (We prefer the 1 Hour Express)
  - b. Professional whitening from your dentist (ie. Opalescence) - **please ask your dentist before completing this during treatment.**



Please share about our office and your experience online and with family and friends!

Leamington ON | Chatham ON | 519-398-8101 | E: Info@AbrahamOrthodontics.com  
www.AbrahamOrthodontics.com

## Emergent Issues

Most problems can be addressed at the NEXT SCHEDULED VISIT. Any problem that is causing unexplained pain deserves a contact to our office.

### ONLY THE RED ISSUES TYPICALLY REQUIRE YOU TO CONTACT US AT THE OFFICE

<b>Tender, sensitive teeth</b>	EXPECTED the first week and after adjustments IF always, may not be wearing enough	Softer foods and over-the-counter pain medications if needed.
<b>Sharp edges on the tray</b>	COMMON	Use emery board/nail filer to adjust
<b>Loose Teeth</b>	EXPECTED within 1mm of movement	
<b>Attachment off</b>	COMMON – Can be replaced at the next scheduled visit unless the tray won't fit	Will not affect treatment unless tray does not fit
<b>Poor Fit</b>	COMMON – Contact us if persists more than one week	Wear 22 hours/day and use the chewie on that area. If in rear, bend tray towards tooth
<b>No More Elastics</b>	COMMON – Contact us to set a time/day to pick some up or ask us to mail them!	<i>Please note our office may not be open for walk-ins during posted hours</i>
<b>Stains</b>	COMMON – Due to poor brushing	Rinse/brush after coffee, tea,
<b>Accident with broken/loose teeth, cut gums and bleeding</b>	EMERGENCY – Visit your local hospital or family dentist	

## Hours and Contact Tips

Monday: 8-12pm

Tuesday-Thursday: 8-3pm

**\*Hours vary on specific days due to team development and vacation. We do not guarantee to be in office during these hours, always contact us first before arriving at the office.**

	Availability	Response Time	Speed	Recommended
<b>WALK IN</b>	Business hours	Not guaranteed to be seen/open	UNRELIABLE	
<b>PHONE 519-398-8101</b>	Answered during business hours	Voicemail only within one business day	SLOWEST	Discuss treatment
<b>EMAIL info@abrahamorthodontics.com</b>	Answered everyday	Response within one day	MEDIUM	Change or make appt, incl. emerg payments
<b>TEXT 226-286-4841</b>	Answered everyday	Response within one day	FAST	Change or make appt. incl. emerg
<b>FACEBOOK MESSENGER @AbrahamOrthodontics</b>	Answered every hour	Response within 5 minutes	FASTEST	Emergent request/question

## Office Tips:

1. Check-in at the front desk when you arrive to be seen on time
2. Appointments are every 12 weeks and may conflict with work or school sometimes; we will do our best to accommodate!
3. Typical appointment length, including reception time:
  - a. Adjustments: 15 minutes including arrival time
  - b. Extra or emergent visits: 45 minutes
  - c. Invisalign Removal: 45 minutes, followed by a 5 minute later the same day
4. We provide TEXT AND EMAIL reminders – please use them. Let us know a preference  
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