

# INVISALIGN FAQ

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## **How does Invisalign work?**

Invisalign is a clear tooth aligner system that works by applying forces to your teeth through a series of plastic trays that gradually move your teeth into the ideal position that your dentist prescribes.

## **How long does Invisalign take?**

In most cases, Invisalign takes 9 months or less and is generally more than twice as fast as conventional braces. Complicated cases can take longer than this, but we find that on average more than 80% of cases are less than 9 months.

## **How much does Invisalign cost?**

Holliday Dental offers an extremely competitive, all-inclusive price for Invisalign treatment – \$3,795. This investment applies to all Invisalign cases, regardless of complexity or length of treatment.

## **Does Invisalign hurt?**

Invisalign is painless! Some patients notice mild soreness or tightness in their teeth when they first start treatment or when they change trays. Most people don't even need to take Advil for this temporary discomfort. At Holliday Dental, we prescribe 2-week wear time for Invisalign trays, so we have very few patients complain about soreness.

## **What happens after Invisalign treatment?**

After treatment, patients will still need to wear clear retainers at nighttime only. The retainers will help ensure your teeth remain straight! You must wear your retainers for the rest of your life in order to keep your teeth straight. You'll also be able to use your retainers for tooth whitening, and they will protect your teeth from damage associated with grinding or clenching.

## **How often must I wear my aligners?**

You must wear your aligners for 20-22 hours a day, never taking them out for more than 40 minutes at a time. Other offices or brands might say you can do less than this, but it just doesn't work as effectively or efficiently.

## **How often will I be coming in for Invisalign visits?**

Once we deliver your first set of trays, you'll visit the office very 2-4 months for a checkup appointment and to receive more trays.

## **How often do I get new trays?**

You'll get anywhere from 3-8 trays at a time depending on your treatment plan, and you'll change the trays out on your own every 2 weeks. You'll come into the office for a checkup and to get new trays once your trays run out.

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## **Can I drink with trays in?**

You can almost drink whatever you want to with your trays in. There are two things to be careful of though;

- 1) Sugary beverages that sit in your trays can cause tooth decay. After drinking anything sugary, you should immediately rinse your mouth and trays with water.
- 2) Dark liquids like red wine and coffee may stain your trays and teeth. We recommend only drinking clear liquids in social settings.

## **Do I need to clean my trays?**

We recommend that you clean your trays whenever you brush your teeth. Just use soap and room temp water, and/or soak them in the Invisalign cleaning crystals or hydrogen peroxide halfway diluted in water.

## **How does the whitening work during Invisalign treatment?**

Professional whitening gel is included for free as part of your Invisalign treatment, and can be used both during and after your treatment. The gel works around your Invisalign attachments, so your teeth won't have any blotchy spots because of the attachments blocking the whitening effect.

## **Can I just wear my aligners at nighttime?**

For Invisalign to work effectively, you *must* wear your aligners for 20-22 hours a day.

## **What are attachments?**

At the beginning of Invisalign treatment, your doctor bonds temporary tooth colored "attachments" onto your teeth that help the trays facilitate tooth movement. These will be removed at the end of treatment.

## **What is Interproximal Reduction or IPR?**

Your doctor may need to create some space in between your teeth through "interproximal reduction" or "IPR." At Holliday Dental, we perform no more than 0.5 mm of IPR per contact, which means no more than 0.25 mm per tooth surface. On average you have 1.0-1.5 mm of enamel on the outer surface of your teeth. Correctly performed IPR does NOT affect the health of your teeth or make you more susceptible to getting cavities. It is extremely routine, is used in conventional braces, and prevents us from having to extract teeth during orthodontic treatment.

## **What payment options are there for Invisalign?**

At Holliday Dental we offer 3 easy options for payment;

- 1) Pay in full up front.
- 2) Enroll in our in-office payment plan. We require a \$1,000 down payment and then 12 monthly payments with no interest.
- 3) Enroll in third-party financing through CareCredit which requires no down payment (greater than 90% of applicants qualify for CareCredit).