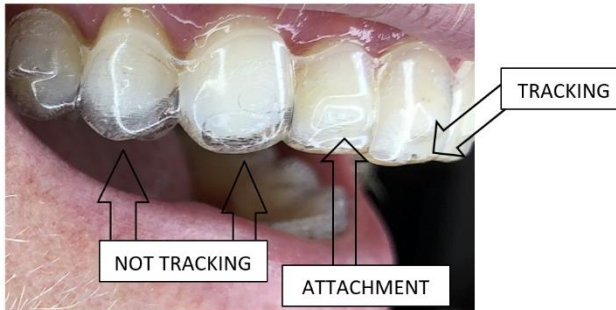


INVISALIGN INSTRUCTIONS



Aligners – Aligners are clear plastic trays that will slowly straighten your teeth. You will advance to the next aligner after [redacted] weeks of wear. **Your goal is to wear the aligners for 24 hours per day, only remove for eating or drinking anything other than water.**

Attachments – Attachments, also referred to as “chads” are small-specially designed and shaped “bumps of glue” added directly to your teeth surfaces. They act as handles for the aligners to grip the teeth moving them more efficiently. Attachments will sometimes be placed, removed or repositioned throughout active treatment. Please make sure all attachments are present each time you brush your teeth and notify us if any have fallen off. Not everyone has attachments.

Aligner Case – A case is provided to place your aligners when eating or drinking. **DO NOT** leave your aligners near any animals, even when in the case. **THEY WILL EAT THEM!** Also, **DO NOT** wrap your aligners in a napkin or set them down on a plate. **THEY WILL GET THROWN AWAY!**

Chewie – A chewie is a small rubber cylinder that is used to assist seating the aligners completely on the teeth (tracking). **We suggest using your Chewie EVERY TIME you advance to a new aligner for the first few days for 10 minutes daily.** We also encourage gum chewing with a non-stick dental gum such as Freedent (available online) and biting on Spry Xylitol mints throughout the day (available at our office).

Tracking – Tracking is a term used for how the aligners are seating or fitting on the teeth. Before advancing to a new aligner, make sure that there are no “gaps” between the aligner and tooth. If there are, use the Chewie to completely close the gap prior to advancing to the next aligner. If it has been over 2 weeks and the aligners are still not completely seated, we may need to rescan for a set of refinement aligners. Please see above photo.

Refinement Aligners – The aligners should not stop tracking if worn properly. However, on occasion and in unusual cases, your aligners may no longer fit properly. If this occurs, we will rescan your teeth and get a new set of aligners, called refinement. This set should achieve a satisfactory result. There are some bites or alignment issues that Invisalign just cannot correct. We do not know this until we attempt to move your teeth. **There is a maximum of 3 refinements with FULL Invisalign treatment included in the cost.** *If not satisfied after the included refinement(s), braces will be offered at no additional fee.* There will be a separate fee if additional refinements are requested. **Only 1 refinement is offered with LIMITED Invisalign, but at an additional cost.**

YOU MUST BRUSH YOUR TEETH BETTER THAN EVER! Plaque, which is acidic, accumulates along your gumline, under the aligners, and on the teeth. Plaque can cause permanent white spots, cavities, and odors. Brush your teeth, aligners, tongue, and roof of your mouth after each meal, snack, and before bed. That is 4-5 times per day! Brushing should take 2 minutes each for upper and lower teeth (4 minutes total). Mouthwashes should be swished for 30-60 seconds before spitting out. **DO NOT** rinse with water after using mouthwashes. If your gums get puffy or bleed while brushing, gingivitis is present. Don't be discouraged, the bleeding will stop when brushing improves.

Aligners present a unique oral hygiene challenge as the tongue and saliva cannot effectively remineralize the teeth because they are covered!

We highly recommend the use of Spry Xylitol Products, David's Hydroxyapatite Paste and Oral Probiotics to replenish the "good bacteria" in your mouth. These are available at our front desk. Information sheets on these products are included.

Please follow our detailed Daily Oral Hygiene Routine for Aligners on the following page.

- Only use **COLD** water and toothpaste to brush your aligners. The aligner is made of plastic. Hot water or leaving in direct sunlight could cause the aligners to warp
- If you are dining out and unable to brush immediately, rinse with water thoroughly prior to replacing your aligners. Make sure to brush your teeth and aligners as soon as possible.
- Use only your fingers to put the aligners in and take them out. Never bite the aligners into place or use your tongue to remove them. This causes the plastic to bend and not fit properly.
- When removing your aligners, ALWAYS begin to pull from the back molars and work forward. Removing aligners from the front teeth first can cause the aligners to crack.
- The aligners will become easier to place and remove after several days. It is normal for the aligners to feel loose. Please bring the aligners to all appointments.
- Once a day, for 15-20 minutes, you can soak the aligners in Efferdent, Polident, or any CLEAR or whitening mouthwash to keep them "fresh" tasting. Never soak them in colored mouthwash. The aligners will stain. On occasion, you can brush with OxiClean White if the aligner appears dingy. Make sure to rinse thoroughly.

IMPORTANT THINGS TO KEEP IN MIND

- Invisalign can cause pain and discomfort to the teeth for several days. Take Tylenol or Fish Oil as needed for pain. Aspirin, Ibuprofen and other NSAID's can actually inhibit or slow down tooth movement. If needed, only use NSAID's for a short period of time. During this time, chewing can be difficult so softer food choices are necessary.
- It is important to keep ALL aligners, even previous ones. Sometimes during treatment, we need to go back one aligner if the current one is not tracking properly. **BRING ALL OF YOUR ALIGNERS WITH YOU TO APPOINTMENTS!** The doctors will evaluate the fit of your previous, current, and next aligner during your appointment. In addition, the doctors will occasionally apply pressure points called dimples to your remaining aligners.
- If an aligner is rubbing your lips or gums, you may use a nail file or sandpaper to smooth any rough spots. This will not hurt the aligner in any way.
- You may have more aligners on either the upper or lower (Ex. 6 upper but only 2 lower). When this happens, continue wearing the final aligner (Ex. lower #2) full time as you are finishing the rest of the upper.
- Once you have reached your final aligners, the doctor will decide if you need a set of refinement aligners or if you are ready to be scanned for final retainers. In some instances, passive aligners or retainers are included in your box of aligners.

OVERVIEW OF ORAL HYGIENE DURING ORTHODONTIC TREATMENT

Proper oral hygiene throughout orthodontic treatment is necessary to achieve excellent results and prevent cavities, gum problems and white spots from developing. These habits will also help restore the proper oral microbiome that provides oral and systemic health benefits. These habits developed throughout your orthodontic treatment combined with instructions from your family dentist and dental hygienist will provide lifetime protection of your teeth and gums. Proper oral hygiene is more than just proper brushing and flossing. Healthy teeth and gums also include accumulating and feeding the “good” bacteria in your mouth that prevent cavities and gingivitis, killing off the bad bacteria in your mouth that cause decay, bleeding gums and bad breath and providing the proper minerals to encourage remineralization of your teeth.

Our five pillars of proper oral hygiene include: brushing, flossing, xylitol, hydroxyapatite and oral probiotics.

Brushing: Proper oral hygiene starts with brushing. The teeth must be brushed after every meal and before bed. Removing food, plaque and acid before damage occurs is critical. When brushing, use proper pressure and angles making sure bristles extend under the gums and wires. Brush all sides of the brackets as well as the gums, tongue and roof of the mouth. Be especially thorough around any elastic chains, power threads and hard to clean areas. Take your time and double check in the mirror until there is no visible food or plaque. Brushing should take 2 minutes each for upper and lower teeth (4 minutes total).

- **Proxabrush-** a Proxabrush is a brushing aid that helps clean food debris from between the braces. When you are on the go, use the Proxabrush to quickly brush any food out from your braces until you are able to brush with a normal toothbrush and toothpaste.
- **Sonicare Electric Toothbrush-** Dr. Spokane and Dr. Karski recommend a Sonicare Power toothbrush. Please see our information sheet and video regarding the advantages of the Sonicare.

Flossing: Proper flossing is critical to avoiding cavities and gum inflammation especially between the teeth. If bleeding occurs when brushing or flossing, active gingivitis is already present! Do not be afraid of the bleeding! It will disappear when hygiene improves. Gingivitis is reversible with good brushing and flossing. The bleeding is your body’s attempt to “push out the bad bacteria”.

- **Waterpik Water Flosser-** Dr. Spokane and Dr. Karski recommend the Waterpik water flosser to remove food, plaque and debris from in between the teeth and around the braces. Water flossing has advantages over traditional flossing in many areas but is not a substitute for regular flossing.
- **Flossing-** The main advantage of traditional flossing is removing plaque at the contact area between the teeth. Water flossing is fantastic at removing food and plaque immediately above and below the contact area but not where the teeth actually touch.
- **Platypus Orthodontic Flossers-** offer an alternative to traditional floss for those on-the-go or who have dexterity issues with traditional flossing.

Xylitol: Xylitol prevents tooth decay, gingivitis and plaque formation. We recommend xylitol toothpaste, rinses, mints and nasal sprays.

Hydroxyapatite: Hydroxyapatite prevents demineralization and encourages remineralization. Hydroxyapatite pastes directly deposit calcium and phosphorous on the enamel surface.

Oral Probiotics: Oral probiotics replenish the good bacteria teeth and gums need to thrive.

We highly recommend the use of Spry Xylitol Products, David’s Hydroxyapatite Paste and Oral Probiotics to replenish the “good bacteria” in your mouth. These are available at our front desk. Information sheets on these products are included.

Please follow our detailed Daily Oral Hygiene Routine for Braces on the following page.

Sonicare Power Toothbrush

A sonic toothbrush offers several advantages including superior plaque removal, gentler cleaning on sensitive teeth and gums, improved reach into hard-to-access areas, potential for whiter teeth, better gum health, and a more comprehensive clean compared to a manual toothbrush due to its high-frequency vibrations that break down plaque more effectively; it is particularly beneficial for people with braces.

Key benefits of a sonic toothbrush:

Superior plaque removal:

Sonic vibrations can disrupt and remove plaque more effectively than a standard toothbrush, leading to cleaner teeth and healthier gums.

Gentle cleaning:

Despite the powerful vibrations, sonic toothbrushes are often designed to be gentle on sensitive teeth and gums.

Improved access:

The vibrations can reach into tight spaces and along the gumline, cleaning areas that might be missed with a manual brush.

Potential for whiter teeth:

By thoroughly removing plaque, a sonic toothbrush can contribute to a brighter smile.

Suitable for special needs:

People with braces, dental implants, or gum disease may benefit from the cleaning power of a sonic toothbrush.

Built-in timers:

Sonic toothbrushes have timers to ensure you brush for the recommended duration.

May stimulate saliva production:

The vibrations can help stimulate saliva flow, which is beneficial for people with dry mouth.

Please click on the links below or scan the QR Codes to watch Sonicare at work!!

https://bit.ly/spokanekarskiortho_sonicare

https://bit.ly/spokanekarskiortho_mrksonicare



Overview



Spokane & Karski Educational Video

Waterpik Water Flosser

Waterpik water flossers can have many benefits, including:

Removing plaque

Water flossers can remove up to 99.9% of plaque bacteria that causes cavities, gingivitis, and bad breath.

Improving gum health

Water flossers can help reverse gingivitis and reduce inflammation and bleeding.

Cleaning around braces

Water flossers are to 3-5 times more effective than brushing and floss for removing plaque around braces.

Cleaning implants and bridges

Water flossers are best for cleaning bonded orthodontic appliances, space maintainers, implants and bridges.

Reaching deep into gum pockets

Water flossers can navigate deep within gum pockets, which is important for people with periodontal disease.

Easy to use

Water flossers are easy to use and don't have the risk of cutting your gums like floss can.

Different tips for different needs

Waterpik offers different tips for different needs, such as the orthodontic tip for use with braces.

The orthodontic tip is designed to remove plaque and food from around brackets and wires, under the gums and on the ledges of bonded expander.

Deeper cleaning than traditional floss

The jet of water from a water flosser can reach into tissue pockets where bacteria can hide.

To use a water flosser, you can:

1. Turn on the water flosser and lean over the sink.
2. Place the tip in your mouth with your lips partially closed to prevent splashing.
3. Aim the tip at the gum line.
4. Start with your back teeth and move along the gum line, pausing briefly between teeth.
5. Floss the front and back of your teeth for one minute a day

Please click on the link below or scan the QR Code to watch Waterpik at work!!

https://bit.ly/spokanekarskiortho_waterpik

https://bit.ly/spokanekarskiortho_mrkwaterpik



Overview

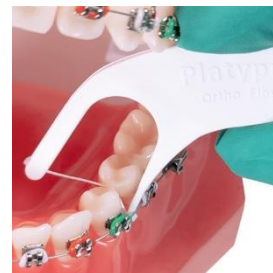
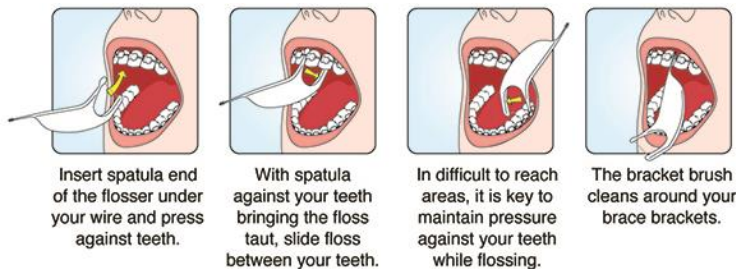


Spokane & Karski Educational Video

Platypus Orthodontic Flossers

Platypus Orthodontic Flossers have several advantages, including:

- **Easy to use:** The spatula or round end fits under the arch wire, allowing you to floss between brackets without threading. The wider or square end goes on the inside of your teeth.
- **Quick:** You can floss your entire mouth in less than two minutes.
- **Safe:** The patented structure is designed to floss correctly without damaging brackets or wires.
- **Effective:** The pick end can remove plaque and food particles around brackets.
- **Recommended by professionals:** Orthodontists, dentists, and hygienists recommend Platypus flossers.
- **Improves flossing habits:** Some say Platypus flossers make flossing 21 times more likely than traditional methods.
- **Adjustable:** if the round end does not fit between the brackets, you can clip with a fingernail clipper to narrow.



Please click on the link below or scan the QR Code to watch Platypus Flossers at work!!

https://bit.ly/spokanekarskiortho_platypusflosser



Overview



Spokane & Karski Educational Video

Xylitol

Xylitol is a sugar substitute that is found naturally in many plants, fruits and vegetables. We even produce xylitol via normal metabolism. Xylitol is from plant fibers called xylan- hence its name. It is a sugar alcohol that is similar to sugar but has fewer calories. A sugar alcohol is different from alcohol that can make you drunk so xylitol is safe for people with alcohol addictions. Xylitol does not raise blood sugar or insulin levels. For people with diabetes, prediabetes, obesity or other metabolic problems, xylitol is an excellent alternative to sugar.

Xylitol is used in many products including sugar-free gums, mints, candies and nasal sprays. It is also used in toothpastes and mouthwashes. Xylitol also has other non-dental uses such as: baked goods, cough syrups, chewable vitamins and certain medications. Xylitol positively influences the gut microbiome (good versus bad bacteria), improves bone health, and reduces the risk of respiratory, ear and yeast infections.

Xylitol has many dental and oral benefits. Xylitol prevents tooth decay, gingivitis and plaque formation:

1. Kills the bad bacteria in the mouth
2. Improves the pH of the mouth
3. Prevents the bad bacteria from sticking to the tooth surface.
4. Acts as a prebiotic or food source for the good bacteria in your mouth.
5. Stimulates saliva flow and enamel remineralization
6. Counteracts the oral drying effects of mouth breathing.
7. Inhibits the proliferation of oral cancer cells.

Keep in mind that your mouth, nose and ears are all connected so using xylitol in the mouth can prevent these bad bacteria from growing in the throat, nose or ears. Xylitol is also available in a nasal spray called Xlear.

Xlear xylitol nasal spray has the following health benefits:

1. Moisturize, sooth and cleanse nasal passages
2. Decrease nasal swelling and allergy symptoms
3. Reduce the adhesion of contaminants to nasal tissue.
4. Helps to prevent recurrent acute otitis media (ear infections) in children.
5. Reduce the time to test negative after a COVID-19 infection by 50%.
6. Improve airflow by thinning and loosening mucus secretions.

For all of these reasons, oral and nasal xylitol products are highly recommended during your orthodontic treatment where proper oral hygiene is a bit more challenging and even more important to achieve.

We recommend Spry xylitol oral products and keep several in the office for convenience:

1. **Spry fluoride free toothpaste.**
2. **Spry mouth wash**
3. **Spry tooth gel**
4. **Spry mints**
5. **Xlear nasal spray**

*** Please do not allow dogs to eat xylitol products. Xylitol is toxic to dogs. ***

Please click on the link below or scan the QR Code to learn more about xylitol.

https://bit.ly/spokanekarskiortho_dcsxylitol



Spokane & Karski Educational Video

Hydroxyapatite

Dental Enamel Remineralization: Fluoride vs. Hydroxyapatite

All of our patients are familiar with fluoride and its use in toothpaste, mouth rinses and drinking water. Fluoride has been used in dentistry for decades. Dentists have recommended fluoride as being very effective at preventing tooth decay. Recently, hydroxyapatite has been used and researched as an alternative to fluoride. Hydroxyapatite is promoted as a more natural alternative to fluoride with less side effects.

What is Fluoride?

Fluoride is a mineral that occurs naturally in water, soil, rocks, and some foods. It is used by the dentist and at home to prevent tooth decay. Dentists use fluoride in gels, foams, varnishes, pastes, rinses and other dental materials. The primary benefits of fluoride are topical as they are applied directly to the tooth enamel.

Fluoride works by replacing minerals (calcium and phosphorous) that are lost due to acid attack from plaque, bacteria and sugars. This process is called demineralization and occurs more frequently in patients with poor oral hygiene. When fluoride incorporates into the enamel (remineralization), it is called fluorapatite.

Fluoride is effective at killing harmful bacteria, but it also kills good bacteria, which can disrupt the oral microbiome (good versus bad bacteria) and potentially lead to antimicrobial resistance or systemic health problems. Overuse or excessive swallowing of fluoride products can also lead to fluorosis which causes the teeth to discolor. Studies also link excessive fluoride exposure to potential neurotoxicity, thyroid dysfunction, and conditions like skeletal fluorosis.

What Is Hydroxyapatite?

Hydroxyapatite is a naturally occurring mineral that makes up a large portion of the bones and teeth in the human body. Over 90% of enamel and over 60% of our bones are already made up of hydroxyapatite.

Hydroxyapatite also prevents demineralization and encourages remineralization. Hydroxyapatite pastes directly deposit calcium and phosphorous on the enamel surface. The hydroxyapatite (nano-hydroxyapatite) fills in the microscopic gaps and scratches and integrates into the existing enamel.

Hydroxyapatite does not kill bacteria like fluoride does so disruption of the oral microbiome does not occur. Hydroxyapatite does, however, prevent bacteria from adhering to the enamel surface.

Hydroxyapatite, like fluoride, helps to reduce enamel sensitivity. Hydroxyapatite is also a natural tooth whitener unlike fluoride which can lead to dental fluorosis and discoloration if used in excess. Accidentally swallowing hydroxyapatite is not harmful. The minerals will dissolve in the stomach acid.

For patients seeking a more natural product, hydroxyapatite may be more appealing than fluoride especially if you have concerns about overexposure to fluoride and are interested in a product that can help repair enamel, reduce tooth sensitivity, and has whitening properties.

Whether you stick with fluoride or opt for hydroxyapatite, the key is to maintain consistent oral hygiene practices, including brushing your teeth at least twice daily, using proper rinses, flossing consistently, and visiting your dentist regularly.

We recommend David's Natural Nano Hydroxyapatite toothpaste and keep it in the office for convenience.

Please click on the links below or scan the QR Codes to learn more about Hydroxyapatite

https://bit.ly/spokanekarskiortho_HA

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Overview



Spokane & Karski Educational Video

ProBiora oral probiotics

Probiotics Aren't Just for the Gut Anymore!

Introducing a whole new way to care for your mouth. Oral probiotics bring your oral biome into balance addressing the root cause of many common teeth and gum issues.

It is critical to maintain or establish a healthy oral microbiome (good bacteria versus bad bacteria) by eating plenty of fruits, vegetables and other probiotic foods regularly, limiting sugary drinks and processed foods and avoiding smoking or excessive alcohol use. Replenishing the good bacteria is critical.

Brushing and flossing often are not enough: It's a common, frustrating problem. You brush and floss, but your breath is still not so great, gingival (gum) inflammation is still present and your gums still bleed when flossing.

Oral probiotics is a simple, all-natural addition to your nightly oral-care routine.

The addition of oral probiotics to your nighttime routine replenishes the good bacteria teeth and gums need to thrive. Diet, stress, medications, illness, and other factors deplete the natural balance of beneficial bacteria in the mouth, allowing the bad, harmful bacteria to take over. This can cause a wide range of oral health issues including: bad breath, discolored teeth, cavities, bleeding gums, inflammation, gingivitis, periodontitis (serious gum infection), and more.

Oral probiotics provide an easy, all-natural way to help proactively maintain your gum and teeth health and enjoy a 'fresh from the dentist' feel when added to your daily oral care routine.

After you complete your nighttime oral hygiene routine and immediately prior to going to bed, chew and swish the tablet for 30 seconds or simply let the tablet dissolve on your tongue to allow for the probiotics to get to work.

Please click on the link below or scan the QR Code to learn more about oral probiotics.

https://bit.ly/spokanekarskiortho_probiora



Daily Oral Hygiene Routine- Invisalign or Clear Retainers

Morning- after eating breakfast

Brush teeth and aligners/retainers with Spry fluoride free toothpaste
Rinse mouth with Spry mouthwash
Put a thin layer of Spry xylitol gel inside of your aligners prior to placing back on your teeth.

Lunch- after eating lunch

Brush teeth and aligners/retainers with Spry fluoride free toothpaste
Floss if needed to remove visible food particles

After school or work snack

Brush teeth and aligners/retainers with Spry fluoride free toothpaste
Rinse mouth with Spry mouthwash
Put a thin layer of Spry xylitol gel inside of your aligners/retainers prior to placing back on your teeth.

After Dinner

Brush with Spry fluoride free toothpaste
Put a thin layer of Spry xylitol gel inside of your aligners/retainers prior to placing back on your teeth.

Night

Use Water Pik water flosser first to remove all debris and visible plaque
Floss with dental floss to remove any plaque at the contact points of the teeth that the Water Pik cannot reach.
Rinse mouth with Spry xylitol mouth wash- spit but do not rinse with water.
Brush with David's hydroxyapatite toothpaste. Spit but do not rinse with water
Put a thin layer of David's hydroxyapatite inside of your aligners/retainers prior to placing back on your teeth.

Immediately before bed- BONUS

Remove aligners/retainers- do not rinse them
ProBiora oral probiotic tablet. Chew and swish the tablet for 30 seconds
Replace aligners/retainers.

Reminder throughout the day: Chew 1 or 2 Spry xylitol mints keeping the mint/saliva mix in your mouth and swishing for a minute. This also helps to seat the aligners/retainers. Do this a few times in the morning, afternoon and evening.

Bonus:

Xlear xylitol nasal spray- spray 2 sprays per nostril every morning and night after oral routine.
More often if symptomatic.