



# Your questions answered.

Guidance for Invisalign patients.

## Your health and wellbeing is our utmost priority.

That's why, amidst the COVID-19 pandemic, we wanted to address and alleviate any concerns you may have about following your Invisalign treatment at this time.

### What steps are you taking to help protect your patients during the COVID-19 pandemic?

Our Invisalign Doctors are trained to follow clearly-defined state licensing and safety regulations for patient contact, sterilisation, hygiene and more, and have training and guidelines for what to do regarding public health. If you have any concerns regarding the risk of in-practice visits or any other aspect of your treatment, feel free to contact your Invisalign Doctor.

### How should I clean my aligners?

We would strongly recommend washing your hands thoroughly with soap and water before handling your aligners.

You should also make sure that you are cleaning your aligners prior to each insertion using a soft bristle toothbrush and a small amount of toothpaste.

When your aligners aren't in your mouth, we would advise that you store your aligners in your aligner case, and that you wash this case with soap and water each time you clean your aligners.

### What should I do if I test positive for COVID-19 or have any of the symptoms?

If you test positive for COVID-19 or come down with any of the related symptoms, please contact your health care provider, who will advise you on aligner wear.

If your health care provider instructs you to stop wearing your aligners whilst you are unwell, please contact your Invisalign Doctor who will advise you on how best you can resume your treatment.

### What important tips can you give me in these special circumstances?

1. Continue to wear your aligners
2. Clean your aligners and aligner case, and wash your hands before handling your aligners
3. Contact your Invisalign Doctor with any questions regarding your treatment

## **Is my Invisalign treatment going to be interrupted as a result of practice closures?**

Even with temporary practice closures, it's unlikely that your treatment will be disrupted.

If you do have concerns about following your treatment plan for any reason, please contact your Invisalign Doctor to discuss next steps. Next steps may include wearing your current Invisalign aligner for a few weeks longer than originally planned.

## **What happens if I lose or damage my aligner whilst on lockdown?**

You might move back or forward one stage, or be ordered a replacement aligner. As each patient and treatment plan is different, please contact your Invisalign Doctor to learn about the best options for you.

## **What happens if I don't have my next set of aligners whilst on lockdown?**

You may have to wear your current set of aligners for a few weeks longer than planned or be ordered replacement aligners if yours are lost or damaged.

As each patient and treatment plan is different, please contact your Invisalign Doctor directly to discuss next steps.

## **Are aligner shipments being delayed?**

Align continues to manufacture and ship Invisalign aligners and retainers. Please contact your Invisalign Doctor if you have any questions about treatment delays.

## **What if I get a cavity or injure my teeth?**

Get in touch with your regular dentist as soon as possible to discuss options. They may advise you to temporarily stop wearing your aligners until your problem has been resolved or ask you to wear your current aligners for a little longer. Fortunately, your aligners are easy to remove for treatment.

## **What if I forget to wear my aligners because I've been focused on so many other things during this crisis. Will they still fit?**

We understand, and hope that everything is okay otherwise. If your treatment lapse was short, there's a good chance your aligners will still fit, though they may fit a little more snugly at first. If your aligners don't fit, please contact your Invisalign Doctor to discuss next steps.

## **How long can I extend wearing aligners?**

It depends on a lot of factors like where you are in treatment and how long you've been wearing the aligners – please contact your Invisalign Doctor to get advice on extending aligner wear.

## **What if it is the end of my treatment and I need to go into Vivera retainers, but I can't come into my practice for a scan?**

You can proceed with the last stage of aligners, if the final aligners are fitting well and there are no attachments. Your Invisalign Doctor can order Vivera retainers based on your final treatment plan stage. If you still have attachments, then a replacement aligner for the last stage can be ordered until you can go back to your practice to remove attachments and finalise treatment and retention.

If you have any questions regarding your treatment that haven't been answered in this document, please contact your Invisalign Doctor for further support.