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Making Sure Your Invisalign Aligners Fit Correctly

To straighten your teeth, Invisalign uses a series of custom-made aligners designed to fit comfortably over your teeth. It is essential that your aligners fit well so your treatment processes quickly as planned. When you started Invisalign treatment, your Honolulu & Aiea orthodontist gave you aligner chewies which are small foam cylinders. These chewies are meant to be used to help close any air gaps between your teeth and your aligners.

When you first start with a new set of aligner trays, they may not fit tightly against your teeth. Biting down on a chewie helps the aligners fit more closely to the teeth so that your treatment progresses faster. Using the chewies also helps relieve tension and discomfort when putting in a fresh set of aligners until your teeth begin to shift.

EXCELLENT TRACKING**GOOD TRACKING:**

Use Chewie in affected areas

**PROBLEM TRACKING:**

Use Chewie if no improvement call office

**POOR TRACKING:**

Return to best fitting aligner, use chewie, if no improvement call office



(<https://www.moritaorthodontics.com/wp-content/uploads/2016/11/image.png>)

How to Use an Aligner Chewie

To use an aligner chewie, just place it between your teeth and bite down. Make sure you bite and hold for at least 5 seconds before releasing. Then move it from one end of your mouth to the other, continuing to bite up and down until you have bitten on it with all your teeth.

Keep repeating the process for 5 to 10 minutes to ensure your aligners are well-seated against your teeth. Do this exercise at least twice a day (morning and at night). You can wash them after each use with mild soap and water and then re-use them several times before they lose their elasticity.

If you feel that there is an area or tooth that is not fitting the trays as well as others, do additional chewie exercises on those specific areas. Use the chewies every time you change to a new set of aligners as they will help the aligners seat well on your teeth to help achieve the best possible tooth movement.



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Excellent Tracking



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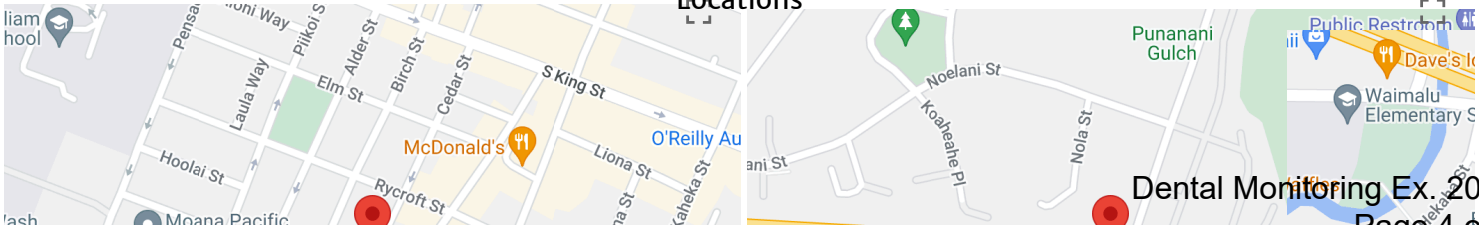
Chewie

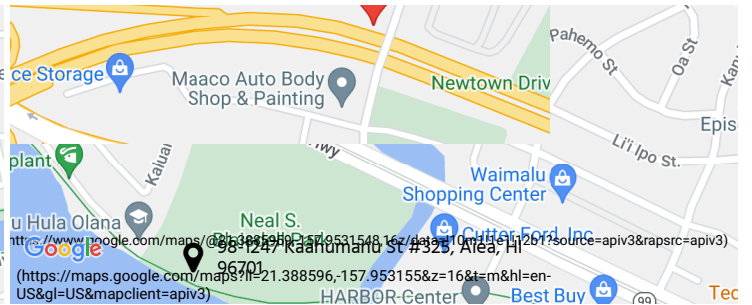
Contact Us Today!

Our team at Morita Orthodontics is always available to speak with you! If you have any questions about your Invisalign treatment or using your aligner chewies, please contact us during regular office hours. We want your treatment to move along swiftly as planned so you achieve the results you want which is a straight, attractive and healthy smile designed to last you a lifetime!

Contact us today!

Locations





HDS

Hawaii Dental Service



(<https://hmsa.com/>) (<https://www.hawaiidental-service.com/ddpahi/index.jsp?DVview=Home>) (<https://www.tricare.mil/>) (<http://www.hawaiidentalassociation.net/>)



(<https://www.aaoinfo.org/>) (<http://www.ada.org/en/>) (<https://www.moritaorthodontics.com/invisalign/invisalign-overview.aspx>) (<https://www.carecredit.com/>)

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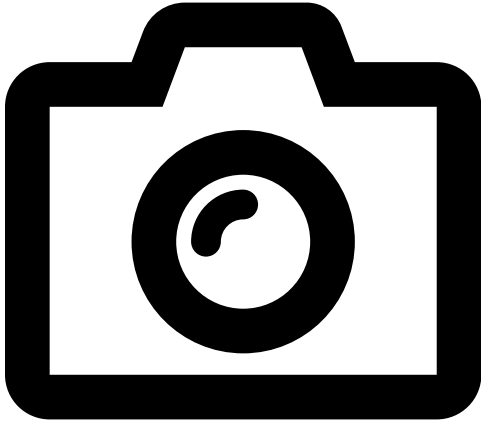
Free New Patient Consult

We Want to Make You

Text us how we can help

- 🗨 Enter patient info
- 📄 Answer a few questions
- 📷 Snap pics of your teeth

Free New Patient Consultation



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