

THE ORTHODONTIC SPECIALIST

Invisalign Chewies

What are Chewies?

An Aligner Chewie is a small cylinder made of a soft spongy plastic-like material called Styrene Copolymer. It looks like a small roll of gauze or cotton.

What does the Chewie do?

You use Aligner Chewies to help close any air gaps between your teeth and your Invisalign aligners. Typically when you get a new set of aligner trays, they may not fit tightly against your teeth at first. Biting on the Chewie with all your teeth helps your trays to fit tighter on your teeth, which helps your treatment progress faster.

How to use a Chewie?

To use an Aligner Chewie, just position it between your teeth (either "long way" or "short way" are fine) and bite down. Quickly move it from one end of your mouth to another, continuing to bite up and down, until you have bitten on it with all of your teeth. Then go back and do it again, and keep repeating the process. bite on the Chewie for 5 to 10 minutes several times per day. One popular method is to bite on the Chewie for at least 5 minutes before bed. This will help your Aligner tray stay well seated and tight against your teeth while you sleep at night. The more you chew on them the quicker your teeth will move!

How long can you use a Chewie?

Aligner Chewies are reusable - to a point. You can wash them with a mild soap and re-use them several times before they will lose their elasticity. We recommend that you wash them after each biting session.

