

INVISALIGN Care & Instructions

Aligner Wear:

Aligners should be worn full-time, except when eating or cleaning your teeth, for a minimum of 20 hours per day. Your doctor will determine how many days each set should be worn based on your treatment plan. Be sure to bring your current aligners to each appointment and keep all previously provided sets.

- **Putting in Aligners:** Place aligners on front teeth first, pushing up firmly and then working your way to the back.
- **Removing Aligners:** Grip aligner from the inside at the last molar and pull down, then do the same to the other side and work your way forward pulling down.

Attachments:

Attachments are small composite pieces placed on the front surface of your teeth to help Invisalign move your teeth and keep the aligners stable. It's important that these attachments fit properly into the corresponding "bumps" in your aligners for effective treatment.

- **Chew on Bite Sticks:** Bite the bite stick multiple times along the full arch, using it about 10 mins a day.
- **Check attachments regularly:** If one is chipped, broken or loose, notify your doctor promptly so your treatment does not regress.

Buttons:

Buttons are small metal or clear brackets bonded to the molars to support elastic wear. To prevent breakage, avoid hard, sticky, or chewy foods.

Changing to the Next Set of Aligners at Home:

If it's time to switch to your next aligner, but your current one still feels tight, is difficult to remove or insert, causes soreness, or has small gaps between the aligner and your teeth, DO NOT switch yet. Call our office so we can consult the doctor for further instructions on wear time.

Caring for Aligners:

- Do not place your aligners in your pocket or wrap in napkins as this will lead to accidental damage or discarding of them.
- Keep aligners away from pets, as they will chew them.
- Brush your teeth and aligners after you eat and floss at least once a day.
- You may only drink water with your aligners in. Stay away from hot and colored liquids to prevent warping and staining your aligners.
- Keep your aligners stored in a cool place at all times to prevent warping.

IMPORTANT things to know:

- If you break or lose an aligner, call our office immediately. If an aligner gets lost and needs to be replaced, the fee for replacement aligners is \$125 for each.
- Occasionally an aligner may have sharp edge. You may smooth it out with an emery board or nail file.
- At the end of your first series of aligners, it is usually necessary to wear another series of refinement aligners before the plan is completed.
- Lack of cooperation/lack of aligner wear can result in additional treatment time and fees to complete your treatment.
- Initial delivery of Invisalign will include aligners #1 and 2 to prepare your teeth for the attachments to be bonded at aligner #3.



INSTRUCTIONS FOR Clear Aligners



1 Aligners must be worn 24 hours per day to achieve ideal results.

- They should only be removed for eating/drinking and brushing your teeth.

2 Your doctor will inform you of how frequently you will change to the next aligner in the sequence.

- Typically you will change your aligners once every 1 or 2 weeks depending on the difficulty of the movements planned for your teeth.

3 Each of the aligners are numbered in case you forget which aligners you are wearing.

4 Chewies

- It is important to use chewies to aid in the effective movement of your teeth.

5 **Cleansing/Sanitizing:** Aligners should be brushed daily with a toothbrush and water. Toothpaste is not recommended as it will scuff the surface of the aligner, leaving them dull and cloudy.

6 Water is the only approved beverage to consume while your aligners are being worn in your mouth.

- Denture cleaner can be used for soaking the aligners for about 15 minutes per day to help keep them fresh. Denture cleaner alone is NOT sufficient for keeping your aligners clean.
- Your aligners must be removed when consuming any beverage other than regular water. (Even sparkling water is acidic and the aligners must be removed to consume it.)
- Do not eat with your aligners in your mouth.
- **Sequence to follow:** Remove your aligners, eat/drink, clean your teeth, re-insert your aligners.

7 **Safekeeping:** The provided aligner case is the only safe storage place while the aligners are not being worn.

- Keep aligners away from pets as they will damage or destroy your aligners.

8 Please keep used aligners after you complete wearing them. In the event of a lost or ill-fitting aligner we may recommend to continue wearing your previous aligner.

9 Always ensure that your aligner is fitting properly. The aligners should cover your teeth and fit snugly.



Lost or broken aligner?

Call us. We will determine the best course of action to get your treatment back on track.

If you are unsure or have any questions regarding your aligners, please call us at:
888.55.BRACES