

Invisalign Patient Instructions

How and When to Wear

1. Invisalign aligners **ONLY** work when you are wearing them. We recommend you wear your Aligners **FULL TIME**, day and night. The only time the aligners should be out of your mouth is when you are eating and drinking, brushing, flossing or cleaning them.
2. Wear each aligner as directed by the doctor. It is very important that you never go to the next aligner in less than the directed time. Even though it may seem that the current aligner is loose or no longer moving your teeth, it may take longer for the roots to catch up with the crown of your tooth.
3. Please use chewies as directed by the doctor and staff.

Insertion and Removal

1. Make sure you have the proper aligner. U for upper and L for lower. Then apply pressure to the tops of the left and right molars until they snap into place. **DO NOT** bite your aligners into place.
2. Make sure each aligner is **ALL THE WAY DOWN** and fully seated. You should not see a large amount of space between the edge of tooth and the edge of the aligner. If the aligner is not fully in place, the teeth will not move properly and the next aligner will be even further off. This can waste many weeks of treatment and even cause starting over with possible extra fees. Please use Chewies to seat trays effectively.
3. To remove the aligners, pull off equally on both sides of the back teeth first, and then gently lift off the front teeth. Remember that the aligners are meant to flex so be careful not to shear off the attachments by pulling straight down but instead use a rolling movement toward the cheeks. As the aligner flexes it will not pull off attachments.
4. Always rinse the aligners in cold water and store in the proper container. To prevent damage, and avoid unnecessary damage to your teeth, gums, attachments or aligners **DO NOT** use sharp objects to remove your aligners. We can provide you with a removal tool if you are experiencing difficulty.

Storing Aligners

1. Always place the aligners in the cases provided. Never place the aligners in napkins or pockets.
2. **NEVER** discard any old aligners. Always bring your aligners and boxes to your appointments.
3. If you lose an aligner, call the office and wear the previous aligner.
4. There will be a charge for damaged or lost aligners.

Care of Aligners

1. Clean your aligners prior to each insertion. Aligners should be cleaned prior to each insertion using a soft bristle toothbrush with cool water and a small amount of regular toothpaste. Rinse under running water and brush until clean.
2. Never use denture cleaner or soak in alcohol or bleach.
3. Do not place aligners in boiling or hot water.
4. You may clean aligners with retainer cleaner tablets found at the store once every week if you desire but it is not a requirement.

Other Questions

1. ORAL HYGIENE: Brush and floss normally with the aligners out. BRUSH after eating and before reinserting aligners. Please remember to book your regular dental check up and cleaning appointments during Invisalign treatment.
2. EATING: There are no food restrictions with Invisalign. However aligners must be removed when eating. If you eat hard foods carefully and slowly chew on your back teeth. Modify your chewing habits so as not to dislodge attachments.
3. DRINKING: Only cold or room temperature water is allowed with aligners in place.
4. CHEWING GUM: Do NOT chew gum while wearing the aligners.
5. SMOKING: It is NOT advised to smoke while wearing the aligners- Stains the teeth and aligners.
6. DENTAL TENDERNESS: may be experienced and is normal. Each aligner may cause different tooth sensations. Take Tylenol as required.
7. SPEECH: may be affected but will correct itself with consistent aligner wear.
8. ALIGNER IRRITATION: if the aligners feel scratchy or are irritating your lips/cheeks please feel free to take a nail file and smooth down the edge of aligner that is causing discomfort.
9. ATTACHMENTS BREAKAGES: sometimes attachments break off- in that case contact us immediately for replacement. If you are unsure if one came off look at the aligner. If aligner has a well and no attachment to that corresponding tooth well then an attachment has come off.
10. ALLERGIC REACTIONS: In rare cases patients may develop an allergy to the aligner. Discontinue use and consult healthcare practitioner immediately.
11. SLENDERIZING: In some treatment plans slenderizing of the tooth anatomy may be required. If any sensitivity develops please contact us and we can prescribe a more fluoridated product for use.
12. If you have any concerns with your treatment please call the office.