



How and When to Wear:

Invisalign ONLY works 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 and flossing, or cleaning them.

Wear each aligner for a MINIMUM of 2 weeks, or as directed by the dentist. 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 and no longer moving your teeth, it may take longer for the roots to catch up with the crown of the tooth.

If you miss some days for any reason, pick up where you left off and wear the aligners for a full 14 day MINIMUM. Call the office to let us know, and we will reschedule your next appointment.

Insertion and Removal:

Make sure you have the proper aligner. U for upper and L for lower in the proper number sequence. They are labeled on each aligner in a small font.

When inserting, gently push the aligners over your front teeth. Then, apply pressure to the tops of the left and right molars until they snap into place. DO NOT bite your aligners into place.

Make sure each aligner is ALL THE WAY DOWN and fully seated. You should not see any space between the edge of the 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.

To remove the aligners, pull off equally on both sides of the back teeth first, and then gently lift off the front teeth. Always rinse the aligners in cold water and store in the proper container. To prevent damage, avoid unnecessary removal. Do NOT use sharp objects to remove your aligners.

Storing Aligners:

Always place the aligners in the cases provided. Never place aligners in napkins or any other case. Never place it in a pocket that can be sat on.

NEVER discard any old aligners. Always bring all of your aligners to each Invisalign visit. If you lose an aligner, call us right away and wear the previous aligner if available. There will be a charge to order you replacement aligners.

Care of Aligners:

Clean your aligners prior to each insertion using your toothbrush. Rinse under running water and brush until clean.

A few times a week you can soak your aligners in Retainer Brite. We will give you tablets at each visit. If you would like more they can be purchased on Amazon.

Retainer Brite instructions: fill a cup with warm tap water, drop 1 Retainer Brite tablet into the water, place aligners in the water making sure they are fully submerged, when the water turns from blue to clear (~20 minutes) the aligners are clean, rinse the aligners under cool running water. Never use denture cleaner or soak in alcohol or bleach, as they will be damaged. Do not place aligners in boiling or hot water to clean, as they will be damaged.

Other Questions:

Oral Hygiene: Brush and floss normally with the aligners out. Try to brush after eating and before re-inserting aligners. Large food particles may prevent proper insertion.

Eating: There are no food restrictions with Invisalign. However aligners must ALWAYS be removed when eating.

Drinking: Except for cold or room temp water, always remove aligners while drinking anything. Any fluid will get inside the aligner and be held against your teeth possibly for hours and can cause staining or damage the teeth and aligners.

Chewing Gum: Do NOT chew gum while wearing aligners.

Smoking: It is advised NOT to smoke while wearing the aligners. It will stain the aligners and teeth.

Your First Day:

Most people experience some soreness for a day or two after starting each new stage. This is normal. It is a sign that the aligners are working and moving your teeth to their final destination. On rare occasions, aligners may temporarily affect your speech slightly. However, as your tongue gets used to having the aligners in the mouth, any minor disturbance in normal speech caused by the aligners will disappear within the first week. Most people have no problems with their speech at all.

The temporary buttons and attachments on the teeth can irritate your lips and tongue. This is normal and will disappear within the first week.

If there is a rough spot on the edge of an aligner, gently use an emery board to smooth it out.

If you have questions or concerns, please call the office so we may address them on a case-by-case basis.

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