

## Invisalign Instructions

1. Results are dependent on wearing the aligners at all times except for eating, drinking, brushing and flossing (minimum of 22 hours per day). YOUR COOPERATION IS VERY IMPORTANT. Failure to wear the aligners for the required number of hours per day and not using them as directed can lengthen treatment time and affect the ability to achieve the desired results.
2. Please store your aligners in the case provided when they are not in your mouth. This will help protect them from loss or damage. If you do lose or break an aligner, please call our office immediately for an appointment and wear the previous one or next one until your next appointment.
3. You may find that your salivary glands are in overdrive and speech may be affected for the first couple of days but will return to normal in approximately 48 hours. In rare instances, some patients may be allergic to the plastic material. In such cases, discontinue use and call the office.
4. Clean your aligners with a toothbrush and room temperature tap water. Keep aligners away from hot water and harsh chemicals. Keep aligners out of reach of young children and pets. Always store aligners in a cool, dry place.
5. Regular dental check-ups and cleanings are recommended for the health of your teeth and gums.
6. If an attachment (clear or metal button) comes off, it is important to contact our office as soon as possible. Please continue wearing your aligners as long as they fit.
7. For the first 3 days, use the end of a toothbrush or the aligner chewies to seat the aligners fully. They should almost click into place. After that, firm finger pressure should seat the aligners fully. Dental tenderness may be experienced following the initial aligner placement and after switching to each new aligner in the series. For your comfort, you can take a Tylenol before switching to a new aligner.
8. Keep a close eye on space between the aligner and your teeth. The aligners should fit snugly. Call the office if you suspect that the aligners are not fully seating. Note that attachments should be completely enveloped by the aligners and you should not see any space between them.
9. The aligner will feel tight for the first 48 hours over your teeth and it will be challenging to remove it. This is normal. It is recommended to change to your next aligner before bedtime, after you brush. This allows the aligner to stretch overnight before it is first removal. This will help maximize your comfort during a new aligner change.
10. Please keep your 3 most recent aligners and do not throw them away. Sometimes, we need to go back one or more aligners to re-track a tooth or teeth.
11. Please wear your current set of aligners to each appointment.
12. During treatment, it may be necessary to take a new 3D scan to refine some of your teeth. In doing so we ensure the best possible results for function and esthetics. These 3D scans and new aligners are included in the fee quoted.
13. Gums, cheeks, or lips may be scratched or irritated by the aligners. If your aligner has a sharp edge, use an emery board to slightly file down the aligner to a comfortable smooth edge.