



INVISALIGN®

Wearing your aligners

- Aligners should always be worn **20-22 hours/day**
- Start wearing each new aligner **at night** (do not take out for 8 – 12 hours)
- It is important to avoid leaving aligners out of the mouth for longer than 30 minutes especially during the **first 3 days** of each new aligner
- **Always use a “chewie/clenchy”** to seat the aligner (biting them into place can damage them)
- **Insert aligners:** Front → Back
- **Remove aligners:** Back → Front (always use both hands to avoid cracking the aligner)
- Don't forget to continue with regular dental checkups/cleanings throughout treatment

Caring for your aligners

- Clean/rinse your aligners prior to each insertion (including brand new ones)
- Aligners should be thoroughly cleaned with **cold water & toothpaste at least twice/day**
- Inspect your attachments daily (if one is missing please contact the office to have it replaced)
- Any rough edges can be smoothed using a nail file/emery board or fine sand paper
- If you lose an aligner (try not to!), please jump ahead to the next aligner and make up the extra days – **if traveling always bring 2 extra aligners with you** just in case!
- You can identify which number aligner you are wearing by reading the code printed on them

Eating/Drinking

- Aligners **MUST be removed to eat anything**
- Aligners **MUST be removed for drinking anything except room temperature OR cold water**
- Ideally brush your teeth after every meal before re-inserting (if not - rinse thoroughly with water)

Storage

- Always store your aligners & “chewie/clenchy” in the **case** – keep away from pets!
- Never put your aligners in a napkin/tissue – they will get thrown away by mistake!
- Never put your aligners in your pocket or purse – they will get damaged
- Keep your new aligners somewhere at home that is safe and temperature controlled
- Keep your most previously worn aligner as a backup if needed (you do not need to keep the rest)

FAQ's

Q - Will the treatment be painful?

A - Most people experience tooth soreness for a few days after starting each new tray (tray 1 is the worst). This is normal and a sign that the aligners are working. Any OTC pain medication can be taken during this time (Ibuprofen/Advil works the best). A few canker sores may also develop periodically.

Q - Will wearing Invisalign affect my speech?

A - Like all orthodontic treatments, aligners may temporarily affect speech resulting in a mild lisp. This usually goes away after a few days. During this time more saliva production is also normal.

Q - Will I be finished with my treatment when I get to the last tray?

A - Almost all patients require multiple rounds of aligners to perfect their bite. After you have been scanned for a new set, please wear your current aligners only at night until the new ones arrive.