



Instructions for Invisalign®



Invisalign® is a clear, removable aligner system that gradually straightens teeth without the need for metal brackets and wires. It's a popular alternative to traditional braces and can be used to treat a variety of orthodontic issues.

The Basics:

- Switch to a new set of aligners, also referred to as trays, (top and bottom) the same day every WEEK.
- Wear your aligners for a total of 22 hours each day. Do not eat, drink anything but water, or brush your teeth with your aligners in.
- The little bumps placed on your teeth are called 'attachments'. They give the aligners a better grip and help to speed up movement. It is not common for them to come off, but please contact us if they do.
- Chewies will help the aligners properly seat (fit). Take 20 minutes to bite them each day as instructed.
 - Place bite chewies between your teeth and bite tightly for 20 seconds, then relax for 5 seconds, make your way around, biting on each contact point with extra focus on any problem areas. Only using chewies canine to canine (front 6 teeth top & bottom), not back teeth.
- Do not clench your teeth when you are not using chewies. Keep your lips together, but your teeth slightly apart. If you need to bite together, do so with your front teeth top & bottom touching only.

Aligner Care:

- Wherever possible, brush your aligners with a soft toothbrush and rinse with cool water when removing or replacing them. Do not use toothpaste on aligners, as this can scratch them and cause cloudiness.
- Only place aligners on clean teeth. Clean teeth are brushed and rinsed to prevent decay.
- If aligners get any plaque/tartar buildup on them, use the cleaning crystals in your kit, antibacterial hand soap, or clear Listerine.
- Save all your previous aligners, as we may sometimes need to step back into them.

DO NOT THROW ANY ALIGNERS AWAY!

At your future appointments:

- Wear your aligners to ALL of your appointments
- Bring all aligners (even ones you have worn) and boxes back to each appointment.

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