

INVISALIGN INSTRUCTION SHEET

* Wear your aligners for at least 22 hours/day except when eating or brushing your teeth.
* You may keep aligners in your mouth when drinking cool (not HOT) water. (no seltzer, alkaline water, tea, coffee etc…)
* Change your aligners every 7 days. If you miss a full day, add one day onto the duration for that tray.
* If you remove your aligners for more than 4 hours in a given day, please add 1 day onto that week’s aligner wear.
* If you lose an aligner, please move to the following aligner and add 1 additional day to your next week’s aligner wear. If you do not have an additional aligner, please go back to the previous aligner and call the office for instructions on how to move forward.
* Chewy bite sticks may be used for 10 minutes/day when changing to new aligners to help engage all teeth and increase comfort.
* 24-72 hours of mild soreness is normal when changing to new aligners. Teeth may also feel slightly loose or wiggly. This is normal. Tylenol or Advil may be used as needed.
* Brush your aligners every day with a colorless toothpaste, and soaked in a White Listerine, Steraligner Solution, or a solution of 50% Hydrogen Peroxide/50% Water.
* If you feel a rough edge, you may use a nail file to buff the sharp area of the aligner.

Congratulations on your future new smile!