



Invisalign & Clear Aligner Instructions

Congratulations! You are on your way to the beautiful smile that you've always wanted. Here are some simple instructions for the proper care and use of your aligners.

- Aligners should be worn 21-22 hours per day. They should only be removed for eating and brushing. After eating, we recommend that you brush, floss, and insert your aligners as soon as possible.
- When brushing your teeth, brush off your aligners as well. Do not use toothpaste to clean them and never place them in boiling water or soak them in mouthwash.
- When inserting aligners begin with your front teeth.
- When removing aligners begin with your back teeth.
- When not wearing your aligners, always store them in the storage case. NEVER WRAP YOUR ALIGNERS IN A NAPKIN!!!
- Keep your aligners away from pets. Dogs and cats love to chew on used aligners.
- Never discard your aligners. When finished with a set, clean them and place them back in their original pouch.
- If one of the bonded attachments falls off your tooth during treatment it is not necessary to return to the office to have it replaced. Simply notify us at your next scheduled visit and we will replace it at that time.
- You may drink fluids while wearing your aligners. After drinking, we recommend that you rinse off your aligners and brush your teeth.
- If you misplace a set of aligners, wear the previous set or the next set in the series. Choose the set that fits most comfortably. Notify the office as soon as possible so we can determine the best way to proceed.
- Exercise with your aligner "chewies" for at least 20 minutes per day or as directed by your orthodontist. This will ensure that your teeth respond optimally for the best result possible.