

Invisalign Instructions

We are happy you chose Invisalign and are looking forward to helping you achieve your beautiful smile. Please remember the following:

- Wear your aligners at all times except for when you are eating something or brushing your teeth.
- Also remove aligners when you are drinking anything with carbonation or sugar in it, as allowing this liquid to seep into aligners may cause your teeth to decay or stain.
- It is normal for a new set of aligners to be very tight feeling. We might suggest putting the new set in prior to bedtime, so you are sleeping during the most uncomfortable time. The tight feeling usually subsides in a matter of a few hours.
- We recommend that you brush your aligners in the morning and evening using your toothbrush and cool water to keep them free of plaque. Also rinsing them periodically with water will help keep them clean.
- Keep your aligners away from heat sources and out of the sun as they can warp.
- You may use whitening solution directly in to your aligner instead of using your whitening trays.
- Always keep one set prior to the one you are currently wearing in an aligner case. This is so that if you are out of aligners, and have lost the current one, you will have a set to wear until we can get you the next sets.

Please call us if you have any questions. We look forward to seeing you at your next visit.