

Caring for your Aligners and Teeth

Invisalign Aligner Information

Aligner Wear: Wear at least 20-22 hrs each day. Make sure you have the proper aligner. Each aligner is labelled Upper (U) or Lower (L) and in sequential numerical order, indicated in the molar area of each aligner. Never skip an aligner. Never change an aligner sooner than directed; wearing a few days or a week longer is always better. If aligners are changed too soon or are not fully seated on the teeth they won't move the teeth properly, which will not become evident until later in treatment.

Aligner Insertion: Gently push the aligner over your front teeth, apply equal pressure using your fingers, working your way towards the back molars until the aligner snaps into place. Do not bite aligners into position! Each time you insert aligners use the "Chewies/Clenchies" for 2 minutes focusing on the front teeth.

Aligner Removal: Use your fingers on the inside of a back molar to slowly pull the aligner from your tooth. Repeat this on the other side of your mouth. Once the aligner is disengaged from the molars on both sides you should be able to slowly work your way forward gently prying the aligner away from your teeth with your fingertips.

Do not use excessive force to bend or twist your aligners to get it off.

Aligner Cleaning: Rinse the aligners with water and store in your case when they are not in your mouth. Aligners may be cleaned with toothpaste or even soaked in hydrogen peroxide (3%) for a few minutes. Always brush & floss prior to reinserting aligners and follow with the Chewies/Clenchies!

Aligner Storage: Store the aligners in the case to help prevent them from being thrown out! Keep the aligners away from pets as they love the scent/your scent and will chew through the storage case and aligners.

Keep 1-2 sets of previously worn aligners in case you lose your present ones or we require you to go back to a previous aligner if the teeth are not tracking well. If you lose an aligner, go back to the previous aligner & call the office so we may reorder the lost aligner.

Do Not subject the aligners to excessive heat such as leaving them in a hot car or cleaning with very hot water.

If an attachment falls off, please contact our office and do NOT advance to the next aligner.

Aligners and Eating

Aligners may be worn when eating and drinking, except with sugary, acidic foods and beverages which will get trapped under the aligners and may lead to decalcification or decay. Soda pop, juices and coffee or tea with cream or sugar can be especially damaging. If you drink coffee or tea, you should remove the aligners periodically to brush your teeth as well as clean the aligners to reduce staining. If you're unable to brush, vigorously rinse with water.

Refer to "Use and Care Instructions" from Invisalign included with your storage case.