

## **INVISALIGN INSTRUCTIONS**

Change Aligners every \_\_\_\_\_ days  
# of Attachments \_\_\_\_

1. Aligners ONLY work when you are wearing them. We recommend you wear your aligners FULL TIME, day and night, at least 22 hours per day. The only time the aligners should be out of your mouth is when you are eating and drinking (anything other than water), brushing and flossing, or cleaning them. Aligners should not be out more than 2 hours/day.
2. Wear each aligner for 7 days, or as directed by your dentist, It is very important that you never go to the next aligner in less than the directed time. Even though it may seem that the current aligner is loose and no longer moving your teeth, it may take longer for the roots to catch up.
3. When you begin wearing a new set, they may not fit quite like you think they should. This is normal. Use the chewies provided to help the fitting of the aligners. (Chew 15-30 seconds to help the aligners seat onto your teeth). There should be no gap between the tooth and the aligner. Call our office to schedule an appointment if the aligners are not fitting well.
4. Switch to the next aligner at night before bedtime
5. Do not throw your last set of aligners away. After moving to the next aligner, keep the old ones and store them in their respective bag in case you lose or break your current one. Your dentist may have you go back to previous aligners if you get off track.
6. KEEP ALIGNERS OUT OF THE REACH OF PETS. They love the smell of your saliva and will chew on them.
7. STORING ALIGNERS
  - Always place the aligners in the cases provided. Never place aligners in napkins that could be thrown away or in a pocket that can be sat on.
  - Do not throw away your previous aligners. Keep them in their bag in the case that you lose or throw away the current aligner.

## 8. CARE OF ALIGNERS

- Clean your aligners when you brush your teeth morning and night. You can use a toothbrush and toothpaste daily. Rinse under running water and brush until clean.
- Monthly, you may soak in denture cleaner or a white vinegar solution to help with any tartar buildup. Colored mouthwashes may stain the aligners.
- Do not place aligners in boiling or hot water to clean, as they will be damaged.

## 9. INSERTION AND REMOVAL

- Figure out which tray is upper, and which is lower. Upper tray #1 will be labeled U01. Lower tray #1 will be labeled L01. Tray #2 will be U02 and L02, and so on.
- When inserting, gently push the aligners over your front teeth. Then, apply pressure to the tops of the left and right back teeth until they snap into place. DO NOT bite your aligners into place without using a “chewie.” Make sure each aligner is ALL THE WAY DOWN and fully seated. You should not see any space between the edge of the tooth and the edge of the aligner. If the aligner is not fully in place, the teeth will not move properly.
- When removing, for upper aligners, using your index finger and thumb, grab the aligner on one side, (cheek side and roof of your mouth side) and gently pull down. For lower aligners, use fingernail to gently push up on the aligner in the areas of your molars on the tongue side.

## 10. MANAGING SORENESS

- Your teeth will be sore during aligner therapy, especially the day you change aligners. To help manage soreness, use your chewies consistently, and you may take Tylenol. DO NOT take Ibuprofen as it is an anti-inflammatory, and can inhibit tooth movement.

Please call our office at (931)363-6300 if you have any questions or concerns