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## **Invisalign<sup>®</sup> Instructions**

Congratulations on beginning your Invisalign<sup>®</sup> treatment! It is our goal that your treatment proceed as smoothly and effectively as possible. We have produced this information sheet to assist you with your aligners.

### **Insertion/Removal**

Your aligners are marked with a “U” for upper and an “L” for lower – check each before you put them in. It is usually easiest to put the aligners in by seating them on your front teeth first, and then pressing them down over your back teeth. The aligners will “snap” into place. Getting them out is usually more difficult than getting them in, but you will find it gets easier as your treatment progresses. To remove them, start in the back with your fingernails, followed by pulling them off your front teeth.

### **Wear Instructions**

We ask that you wear your aligners for 22 hours a day. You should only be taking them out to eat/drink, clean your teeth, and clean your aligners. It is OK to drink water with them in, but they should be removed for anything else to reduce the chance of tooth decay. When you take out your aligners, be sure to store them in your Invisalign<sup>®</sup> case. Do not wrap them in a napkin since this is the easiest way to lose them. Each aligner costs \$100 to replace.

You will wear the first two sets of aligners for two weeks. Each additional set of aligners you will wear for one week. However if you find you haven't been wearing the aligners for the appropriate length of time you should wear the aligners for two weeks. After this period put them back in their original package. Also, do not throw them away as sometimes we may need you to re-wear them.

When transitioning between aligner sets, doing so at night allows for easier removal in the morning and minimizes any discomfort you may have.

### **Cleaning Instructions**

When you take the aligners out to eat, it is best to brush your teeth and to clean the aligners before putting them back in. Clean them with a toothbrush under a faucet. Do not use toothpaste to brush them and do not boil or soak them in a cleaning solution. They are sensitive to heat and will absorb cleaning solutions.

### **Remember**

- Bring your last set of aligners to every appointment.
- It is normal to have some discomfort for the first few days of each new aligner.
- If the aligners irritate your cheek or tongue, you can place some wax on them or smooth them with a nail file.
- You should NEVER go without an aligner. If you do happen to lose one, make sure you insert either the previous or upcoming aligner and give the office a call to come in for an appointment.