

The INVISALIGN Care Sheet

- ✓ Every time you brush your teeth, you can brush your aligners as well.
- ✓ Always use **LUKEWARM** water not HOT water.
- ✓ It is not advisable to remove aligners at **night**.
- ✓ Although you can **eat and drink** whatever you want while in treatment, you are required to remove your aligners to eat and drink.
- ✓ It is important to brush your teeth after each meal and prior to re-inserting your aligner to maintain fresh breath and proper hygiene.
- ✓ We discourage **smoking** while wearing aligners as the aligners can get discolored.
- ✓ You cannot **chew gum** while wearing your aligners, it will stick to the aligners.



Trays May Cause Irritation to Lips/Tongue/Cheeks, If this occurs:

- Use wax to stop the irritation
- Buff trays with an emery board to smooth rough edges
- Rinse with warm salt water to help heal irritation

Things TO DO During Invisalign Treatment:

- Wear each set of trays for atleast 2 weeks, unless otherwise instructed
- Wear each set of trays for 18-20 hours a day, unless otherwise instructed
- Use denture cleaner tablets to clean trays at least once every two days
- Always place trays in case when not in your mouth
- Always remove trays by starting from the back molars
- Always place trays in from the front of the mouth first, and then move to the back molars
- You may drink water while wearing your trays or use straw for dark liquids
- If possible, brush or rinse before placing trays back in your mouth
- Clenching into trays with your aligner during the first 2-3 days helps teeth move faster and relieve pressure. Only clench for 30-40 secs at a time and repeat for 5-10 min, but only do this if no history of jaw problems
- Wear trays as instructed in sequential order
- Keep 2 to 3 of your previous trays in a clean plastic bag and bring it with you for each appointment

Things NOT TO DO During Invisalign Treatment:

- Throw away trays
- Leave trays out of the mouth for long periods of time
- Chew gum with aligners in your mouth
- Leave trays in hot vehicle, or boil them (They are PLASTIC!!)
- Leave trays sitting out for pets or small children to chew on
- Wrap trays in a napkin (You will throw it away!!)
- Place trays in your pocket without a case
- Have dental work (filings) done while in treatment, only dental checkups and cleanings
- Eat while wearing trays
- Remove trays from the front teeth first
- Drink dark teas, coffee or soda with trays in (Use straw)
- Set trays on table at a restaurant
- Bite trays into position, this may damage them
- Use mouthwash or toothpaste on trays

Teeth may begin to feel slightly mobile or loose during treatment, this is normal.

Non-compliant wear of aligners may result in the need for new impressions and additional fees.

LETS WORK TOGETHER TO CREATE A BEAUTIFUL SMILE !!

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