



We need your help to make sure the teeth and the gums are also bright, shiny and healthy at the completion of treatment. By following the instructions provided in this handout, you will have the best chance of having a truly outstanding result. We can't do it without you! My staff and I personally look forward to taking care of you.

**The rewards of orthodontic treatment – straight teeth, a beautiful smile and a healthy mouth, are achievable goals for all of our.**



### Daily care and maintenance of aligners

1. Always clean your aligners prior to insertion with a soft toothbrush and a small amount of antibacterial soap. Clean them by brushing them with a toothbrush under a faucet. Rinse thoroughly with cold water. Do not use hot water to clean your aligners.
2. One of the best ways to keep your aligners fresh in this instance is to run them under running water immediately after removing them. This washes away any saliva and other residue whilst it is still wet and means that they will be a lot fresher when it comes to reinserting them.

3. Do not use toothpaste to brush them, and do not boil them or soak them in any cleaning solution. They are sensitive to heat and will absorb cleaning solutions.

### Storing your aligners

1. When you do take them out, be sure to store them in one of the cases that we provide you, as this will help protect them from damage or loss.
2. The easiest way to lose them is to wrap them in a napkin and throw them out with the trash. Replacing them costs \$100 per aligner; keep good track of them!



**Use,  
Maintenance  
and  
Proper care  
Instructions**

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### CONGRATULATIONS !

You have begun treatment with Invisalign, and we want to be sure your treatment proceeds as smoothly and effectively as possible.

Following these instructions will help to ensure the success of your treatment.



### Wearing and using your aligners

1. Invisalign aligners **MUST** be worn a minimum of 22 hours per day. Each aligner is designed to be worn a minimum of two weeks. When you start a new aligner, there may be a small space between the edge of one or more teeth and the aligner. This space should close as you wear the aligner. If, at the end of the two week period, you have not worn the aligner full time, or if a space remains between a tooth and the aligner, do not switch to the next aligner – continue the same aligner for another week. If the aligner still does not fit well, please call the office for an appointment, and continue wearing the same aligner.

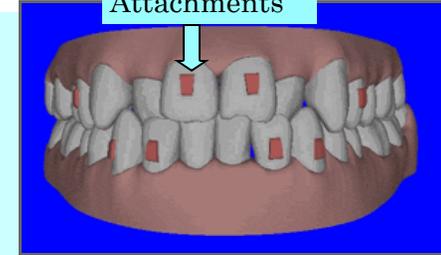
2. Handle only one aligner at a time. Gently push the aligner into place **DO NOT BITE** your aligners into position, this may damage or break them. To remove your aligners, use your fingers, starting on one side at the molars (back teeth) and slowly work your way around to the other side lifting gently.

3. “Chewies”: help seat Invisalign aligners completely around the teeth. You should bite down on a “chewy” and hold for a count of 10 sec. relax and bite down again x 20 min per day only for the front teeth. For the back teeth just clench and hold 10 sec. relax and clench again 20 min per day and every day.

4. You should wear the aligners at all times, except when you are eating, drinking, or cleaning them. It is *OK* to drink water with them in, but if you eat or drink anything other than that they should be removed. This will reduce the chances of developing cavities and staining them.



### Attachments



5. Clear attachments may be bonded to your teeth will aid the aligners in moving your teeth properly.

6. If the aligners irritate your cheek or tongue, you can place some wax on them, or smooth them with a nail file.

7. As you proceed to each new aligners stages, all old stages are to be saved in their corresponding zip lock packet until treatment is completed. If a problem occurs during treatment we may need to revert to previous aligners.



Your Smile  
Is The Greatest  
Gift Of All