

HOW AND WHEN TO WEAR

1. Invisalign ONLY works when you are wearing them. We recommend that you wear your aligners FULL TIME, day and night (22-23 hours per day). The only time the aligners should be out of your mouth is when you are eating or drinking, brushing and flossing, or cleaning them.

2. Wear each aligner for a MINIMUM of 2-3 weeks, or as directed by Dr. Miller. 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 with the crown of the tooth.



INSERTION AND REMOVAL

1. Make sure you have the proper aligner. **U** for upper and **L** for lower in the proper number sequence. They are labeled very small on each aligner.
2. When **inserting**, gently push the aligners over your front teeth. Then, apply pressure to the tops of the left and right molars until they snap into place. DO NOT bite your aligners into place.
3. 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 and the next aligner will be even further off. This can waste many weeks of treatment, and even cause starting over with possible extra fees.
4. To **remove** the aligners, pull off equally on both sides of the back teeth from the palate side first, and then lift gently off the front teeth. Always rinse the aligners in cold water and store in the proper container. To prevent damage, avoid unnecessary removal. Do NOT use sharp objects to remove your aligners.

STORING ALIGNERS

1. Always place the aligners in the cases provided. Place current aligners in one case provided, and past aligners (most recent set) in the other case provided. Never place them in napkins or any other case, and never place them in a pocket that can be sat on.
2. NEVER discard any old aligners. Always wear your current aligners to your orthodontic visit.
3. If you lose an aligner, call us right away and wear the previous aligner if available.
4. There will be a charge for repairing or replacing aligners.

CARE OF ALIGNERS

1. Clean your aligners prior to each insertion. You can use the Invisalign Cleaning System or a normal toothbrush. Rinse under running water and brush until clean.
2. Never use denture cleaner, or soak in alcohol or bleach; this will cause damage.
3. Do not place aligners in boiling or hot water to clean; this will cause damage

ANSWERS TO COMMON QUESTIONS

1. **Oral Hygiene:** Brush/Floss normally with the aligners out. Try to brush after eating, before re-inserting aligners; large food particles may prevent proper insertion.
2. **Eating:** There are no food restrictions with Invisalign. However, aligners must ALWAYS be removed when eating.
3. **Drinking:** Except for cold or room temperature water, always remove aligners while drinking anything. Any fluid will get inside the aligner and be held against your teeth, possibly for hours; this can cause staining or damage to the teeth and/or aligners.
4. **Chewing Gum:** Do NOT chew gum while wearing aligners.
5. **Smoking:** It is advised to NOT smoke while wearing the aligners because it will stain the aligners and teeth.
6. If you have any other questions regarding your treatment, please call our office at 512-263-1661.