



Instructions for Invisalign® Treatment

- Invisalign® clear aligners **must** be worn 20-22 hours/day for treatment to be successful.
- Aligners need to be taken out when eating and drinking anything besides water.
- Aligners should be changed weekly in numerical order. (Aligner 1 for one week, Aligner 2 for one week, etc.)
- Used aligners should be placed back in the appropriate bag and kept. After completion of the set, aligners can be brought into the office for proper recycling.
- If you lose or break an aligner, move to the next aligner.
- If the next aligner does not fit, wear the saved previous set and call the office.
- It is not an emergency if an attachment falls off. If this happens, be sure to bring all the remaining trays to your next appointment. If trays are not fitting due to loss of attachment(s), call the office.
- Rubber bands/elastics (if prescribed by the doctor) **must** be worn in order for treatment to be successful.
- Chewies need to be used a few times a day, especially when switching into a new aligner.
- Keep your aligners clean by using your toothbrush and toothpaste under cold water. (Do not use hot water as it will distort the trays.) For additional cleaning, you can use the cleaning foam that is given to you at your Invisalign start appointment. You can also purchase denture cleaning foam or tablets to use.

Please call, text or email us with any questions. We are so excited to be part of your smile journey!

With smiles,
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