

Care and Maintenance of Your Invisalign Aligners

SCHEDULE:

Aligners should be worn 24 hrs/day except while brushing & eating, unless otherwise instructed by your orthodontist.

GENERAL INSTRUCTIONS:

- Initially, your speech may be affected and your mouth may water a lot. This will return to normal within 2-3 days.
- To clean your aligners, brush them 2-3 times a day when you brush your teeth, and rinse them with tap water (not too hot or too cold). Regular use of a good retainer cleaning solution is recommended to prevent build-up on the aligners.
- Whenever you take your aligners out, place them in the case provided.
 - **Never** put them in your pocket, they can break or distort.
 - **Never** wrap them in a napkin, they will get thrown away.
 - **Never** leave them out, little kids think they are interesting toys and dogs love to chew on them.
- Do not flip the aligners in and out with your tongue, they will break, loosen or distort and stop fitting.
- Always keep the most recent pair of aligners that you got done with as a spare in case you lose your current aligners.
- **If your aligners are lost**, you have 2 options:

You should try to go to the next pair (if you have it). Use the chewies well to seat the aligners as they may not fit in as well as usual. Also, this pair should be worn for a longer time to make sure you get the tooth movement needed.

If you do not have the next pair or if the next pair will not seat fully on the teeth, then go back to the previous pair and call the office so we can get you in earlier for the next aligner delivery or if needed order replacement aligners for the lost pair.

Teeth can start shifting back to their original positions very fast if aligners are not in, so you should **NEVER** be without an aligner in your mouth. Please call us if you have any questions/concerns regarding aligner fit between appointments.

*Thank you for your cooperation
-Dr. Monica*