



INVISALIGN CARE

It is very important to wear your aligners for at least 22 hours per day. Wear each set for ____ days before changing to the next set.

To prevent possible damage to your aligners, do not eat or drink (except water) with the aligners in your mouth.

SEATING OF THE TRAY

- Place the aligner in your mouth and firmly press the aligner into place. You should avoid biting the aligner into place as this may damage them.
- If needed, use the chewies to seat the aligner. Place the chewie between upper and lower teeth and gently close as if chewing. Make sure to apply pressure to each tooth. This should be repeated on areas that may not want to seat completely when new aligners are placed.

CLEANING

- Your aligners will need to be cleaned when you brush your teeth. We suggest you use an antibacterial soap. Please use warm water and do not place in boiling water, bleach, or the dishwasher to clean.

CARE OF YOUR ALIGNERS

- The aligners are made of plastic and can be warped in heat. Do not leave them in a hot car, sports bag, etc.
- Keep your aligners in their case while eating. Do not put them in a napkin, as they can accidentally be thrown away.

If you have not used all the aligners you were given at your last appointment, be sure to bring them with you to your appointment.