



Invisalign Patient Instructions

- Most people experience some mild soreness for a day or two after starting each new stage. This is normal. It is a sign that the aligners are working and moving your teeth to their final destination.
- On rare occasions, aligners may temporarily affect your speech slightly. However, as your tongue gets used to having the aligners in the mouth, any minor disturbance in normal speech caused by the aligners will usually disappear within 48 hours (depending on how much you speak)
- Aligners should be worn 21-22 hours per day. They should only be removed for eating and brushing. After eating, we recommend that you brush, floss and insert your aligners as soon as possible.
- When brushing your teeth, brush of your aligners as well. Never place them in boiling water or soak them in mouthwash or denture cleaner.
- When inserting aligners begin with your front teeth and gently move backwards.
- When removing aligners begin with your back teeth. Unseat your aligners with your fingernail at the back, then gently wiggle your way forward. Do not remove the aligners by pulling straight down from the back. This can crack the aligners in the middle.
- When not wearing the aligners, always store them in the storage case. NEVER WRAP YOUR ALIGNERS IN A NAPKIN, they can get thrown away.
- Keep your aligners away from pets.
- When two weeks is up and you are ready to change trays, it is best to do so in the evening so you can sleep through any minor aches or pains
- Take Tylenol every 6 hours as needed.
- Never discard your aligners. When finished with a set, clean them and store them in a safe place. THEY CAN BE USED AS BACK UPS IN CASE AN ALIGNER IS LOST OR BROKEN.
- If you misplace or break a set of aligners, wear the previous set. If you are 2 days or less away from your next aligner you may insert the next aligner. Do not insert the next aligner if you are more than 2 days from the schedule switch.

- In case of lost or damaged aligners after they have left our office, Invisalign will make you a replacement aligner in a short period of time at a small cost.
- If one of the bonded attachments falls off your tooth during treatment please notify the office to have it replaced.
- You may drink fluids while wearing your aligners. Please keep in mind that beverages high in sugar and/or acid will damage your teeth if held against your teeth by the aligner for an extended period of time. Also very hot drinks can distort your aligners and should therefore be avoided as much as possible, after drinking, we recommend that you rinse of the your teeth and your aligners.

If you have any questions or concerns please feel free to call or email our office.

ZEN DENTISTRY