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SPECIALIST IN ORTHODONTICS FOR CHILDREN AND ADULTS
SPECIALIST IN PEDIATRIC DENTISTRY

Invisalign Patient Instruction

The aligners should be:

- Worn at all times, except when eating, brushing and flossing – at least 22 hours of wear per day. For less than 22 hours:
 - 20 hours – 3 weeks on each tray
 - 18 hours – 4 weeks on each tray
 - 16 hours – 5 weeks on each tray
- Cleaned gently with a toothbrush whenever they are removed if they need it.
- Stored in the blue or red retainer case when they are not being worn. (Never wrap them in a paper towel or tissue, they tend to get thrown out)
- Kept away from boiling water, bleach, and other extreme cleansers.
- Store the future inventory of aligners in a cool, dry place.

Note: Your general dentist should not remove the composite attachments. In addition, you should consult Dr. Adams prior to receiving dental restorations, as this may affect the fit of the aligners. If a composite attachment (bump) breaks off on its own, please inform the staff.

Changing Aligners:

- If a tray develops an opaque film that is difficult to remove with regular brushing, place it in white vinegar for 15 minutes.
- After a period of 2 or 3 weeks, provided there are no air-gaps between the aligner and your teeth, you should take out your aligners and put them into the original packing case to be saved. You can now wear the next stage of aligners.
- After an additional 2-3 weeks, the next set of aligners should be put in the original packing case and stored along with the earlier sets.
- Bring these previously worn aligners to your checkup visits so they can be back tracked if necessary or discarded if unnecessary.

Wearing Aligner Instructions:

- Clench into the aligners frequently to assure seating pressure and tooth moving pressure.
- Aligners can be worn longer than 2 weeks if they seat poorly or if the teeth do not look as straight in the mouth as in the aligner setup.
- If there appears to be an air gap between the aligner and the biting edge of any tooth, clench into the aligner more and wear it longer.
- At the end of 2-3 weeks, before placing a new aligner, mark the plastic bumps on your teeth with pencil and try the current aligners in. If the pencil marks show through the pimples in the aligner exactly, then you are ready to move on to the next aligner.
- Aligners should feel “loose and comfortable” before moving on to the next aligner.

Please feel free to call if you have any questions

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