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INVISALIGN ALIGNERS USE AND CARE INSTRUCTIONS

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Wearing and using your aligners: Always remember to wash your hands thoroughly with soap and water before handling aligners. Handle only one aligner at a time. We recommend when it is time for your next aligner, that you place new aligners at night before bed. This helps to alleviate the initial discomfort you may experience.

YOUR TEETH MAY BE TENDER AT FIRST. For the first few days, your teeth may become tender as they start to move. This is only temporary and will settle down. You may also get some ulcers in your mouth. Again, this only lasts a few days.

Make sure you have the proper aligner for the upper or the lower teeth. You may insert either one first. Gently push the aligner into place DO NOT BITE your aligners into position, this may damage them. If you experience sharp pain or significant discomfort, discontinue use and call our office immediately.

To remove your aligners, use your fingers, starting on one side at the molars (back teeth) and slowly work your way around to the other side lifting gently. DO NOT use any sharp object to remove the aligners. After removal, rinse immediately with water, shake off excess and store your aligners in the protective case provided to you.

PLEASE CHANGE YOUR ALIGNERS AS ADVISED. You may have been given some aligners for you to change to over the coming weeks. It is very important that you follow your orthodontist's advice carefully.

NOTE: Use care in removing your aligners, particularly if multiple attachments are being used. Do not use excessive force to bend or twist an aligner to get it off. Call our office if your aligners are difficult to remove.

Daily care and maintenance of aligners: Always clean your aligners prior to insertion with a soft toothbrush and a small amount of toothpaste. Rinse thoroughly with water. DO NOT use denture cleaners or soak them in mouthwash. These products can damage the surface of the aligner, causing it to become dull and more visible.

Proper oral hygiene is a must. Always remove your aligners for eating or drinking except for drinking water (only). Brush and floss your teeth after each meal or snack prior to re- inserting your aligners. Regular hygiene appointments are recommended for continued health of the tissue and gums.

Storing your aligners: Two aligner cases are included in your starter kit. We recommend storing your aligners in the cases when not in your mouth, as this will help protect them from damage or loss. Designate the blue case for your current aligner. When it is time to switch up to the next aligner, transfer the aligner you are replacing to the red case. Please keep past aligners in a clean plastic bag.

If your current aligner is lost or broken, call our office for instructions. You may be instructed to return to the previous aligner until a new one can be made.