



Invisalign Home Care Instructions

Welcome to the future of braces! Your clear aligners are going to transform your smile! Now, let's talk about how you're supposed to wear and take care of them.

- The most important part of clear aligners is wearing them as you're instructed. That means 22-23 hours in your mouth every day! You are only to take these puppies out while you're brushing and flossing your teeth and while you're eating regular meals. Constant snacking throughout the day is not helpful. Moving teeth only works by using low levels of force over LONG periods of time. Every time you take the aligners out, you remove the force on the teeth.
- In addition to the snacking recommendation above, avoid consuming any fluids besides water in between meals. You can drink water while these aligners are in your mouth. You cannot drink any other dark or sugar-containing, acidic fluids while these are in your mouth. This will trap the dark or sugary drink next to your teeth and cause staining or cavities – both of which are not good for your teeth.
- Most likely, you had attachments placed on some teeth. These attachments help nudge the teeth in certain directions. The good news is that they're barely noticeable. If you know where they are on the teeth, just keep an eye on them. If you notice you've lost one, let us know, especially if you aren't going to be back at the office for more than a week.
- If you had any Interproximal Reduction (IPR, also know as shaving between teeth), there is nothing to fear. You'll probably barely notice it except for the floss going loosely between those teeth. There is no pain before, during, or after any IPR.
- Keeping the aligners clean is easy. After you take them out for every meal and for cleaning your teeth, just run them under some warm water and scrub them with a toothbrush. Do NOT use toothpaste – it will scratch the aligners and they may pick up stain more and possibly become weaker. If you want to really clean them, just use a mild hand soap with the brush and water, then rinse well.
- Avoid wrapping the aligners in a napkin or paper towel when you take them out. People often forget they put them in the napkin and accidentally throw them away - Not good! Use the carrying case that comes with your aligners
- Watch out for pets! They love playing with aligners if they can get their teeth on them. The problem is that they don't fit the dog's teeth and when they chew them in half, your out of luck.
- We'll probably see you every 4-6 weeks depending on your individual treatment, but you'll know that each time you come in.
- As the doctor discussed with you, clear aligners are a great treatment option, but are a little more unpredictable than traditional braces. This means refinements are often a regular part of your treatment to get to our best result. Don't worry, that's included in your treatment at no cost. It simply means we have to add a little time to your treatment.
- After the active aligners are done, we need to retain the teeth in place. That means at least three months of wearing your retainers just as much as you wore your aligners. Afterwards, you will need to wear your retainers every night for eternity. No joke.

If you have any other questions, just give us a call.

