

## INVISALIGN HOME INSTRUCTIONS

1. Your aligners should be worn at least 22 hours each day. Not wearing your aligners consistently will prevent your teeth from moving and accomplishing desired treatment outcome and goals. Wearing aligners less than 22 hours per day, every day as recommended, will delay treatment and cause inconsistency in movement or poor aligner fit. There may be an additional cost for any new aligners or extended treatment time due to inconsistent aligner wear or poor compliance.
2. Typically, you'll receive several sets of aligners at each visit. You will be changing your aligners to the next set every one or two weeks as instructed by the Doctor.
3. It's best to insert new aligners before bed time. Brush and floss your teeth before placing aligners. It's normal to feel some discomfort or pressure on your teeth when you insert new aligners. Take over the counter pain reliever if needed before inserting new aligners.
4. ATTACHMENTS: These are oval shaped pieces of cement that help rotate your teeth during your Invisalign treatment. They will be removed at the end of your treatment. Do not be alarmed if an attachment comes off as the pressure of inserting new aligners can dislodge it easily. If an attachment comes off, you will need to let us know so we can replace it within 1 week. Also, be sure to let us know if your attachment is not fitting within the space provided.
5. MAKE SURE YOU SAVE EVERY ONE OF YOUR ALIGNERS! There may be times when we ask you to go back to previous aligners.
6. Your appointments will usually be made every six to eight weeks. At each visit, we will check your progress and make sure your teeth are moving to the desired position.
7. On your appointment, we may need to slenderize your teeth. This means slightly stripping in between the teeth so that they can move as needed. This does not harm the enamel.
8. If a space appears between the tip of any tooth and the aligner so that the tooth is not all the way into the aligner, call our office.
9. Brush and floss your teeth daily as normal. To strengthen your teeth, you may choose to use Calcium and Fluoride fortified gels in your aligners at night. Please ask our front office about MI Paste.
10. Store your aligners in cases provided. Never wrap your aligners in a napkin and drop into your pocket or purse. Align will charge a fee to replace broken or lost aligners.
11. Clean with soap and cold water or use special solution designed for clear aligners.

**IF YOU HAVE ANY QUESTIONS OR EXPERIENCE A PROBLEM, PLEASE CALL US AS SOON AS POSSIBLE.**