



## INVISALIGN – PATIENT INSTRUCTIONS

1. **Wearing your aligners:** The aligners should be worn at all times except when eating, drinking, brushing and flossing – about 22 hours per day. Aligners should be changed every \_\_\_\_\_. The length of time may be adjusted during treatment depending on the required tooth movements. The doctor will review your appropriate wear time and will adjust as needed.
2. **Fit of your aligners:** Your aligners should have no visible space between the edge of the teeth and the aligner itself. If a gap exists, aligner chewies should be used faithfully until the aligner fits properly. \*If you have a history of TMJ discomfort, do not use the chewies. Instead use heavy finger pressure to push the aligners in place.



3. **Caring for your aligners:** Clean aligners with a toothbrush and water. It is ok to use toothpaste to clean your aligner when brushing your teeth. *Retainer Brite* or *Efferdent* may be used in addition to brushing to freshen the aligner. DO NOT soak in mouthwash, boiling water, bleach and other extreme cleansers. DO NOT bleach your teeth during Invisalign treatment. Attachments do not bleach, and you will end with spots on your teeth.
4. **Storing your aligners:** When eating or drinking, remove your aligners and place into the case provided for safe keeping. Do not place aligners in paper towels, tissues or leave laying out. They will get thrown away or become a pet toy. Never keep the aligners in a hot car.

5. **What about my old aligners?** *Do not throw out any old aligners or bags.*  
Your aligners will come in numbered packages. When an aligner is finished, it should be placed back into the appropriately numbered package and saved. If something happens to your current aligner during the first half of its cycle you will be asked to return to your previous aligner until a replacement can be ordered for you. If something happens to your current aligner in the second half of the cycle you may attempt to move up to the next aligner. Please call the office first to confirm: (301)733-5230.
6. **Lost or broken aligners:** Any lost or damaged aligners are subject to a replacement cost. Non-cooperation with aligner treatment which prolongs treatment and requires extra submittal of records for refinement or mid-course corrections may also result in an additional charge.
7. **Tips and tricks:** If you have a rough spot on your aligner, gently use an emery board to smooth out the area. Need Reminders? Download the “**TrayMinder app.**” This app sends notifications to remind you to wear/change your trays and allows you to document your progress with personal photos. Best part, it’s FREE!

**If you have any questions or concerns during treatment, please call our office:  
(301) 733-5230.**