Invisalign® treatment patient instructions

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Follow these instructions to keep your smile moving in the right direction

- **Aligners must be worn at least 22 hours per day.** Aligners should only be removed when eating, brushing, or flossing.

  The success of your Invisalign treatment relies on your compliance to wear aligners and rubber bands (if indicated) as instructed.

- When you are ready to change aligners, there should be no visible space between the edge of the teeth and the aligner itself. If there is an air gap between your teeth and the aligner, use a chewie to ensure proper fit.

  Do not transition to your next aligner until all gaps are resolved.



POOR TRACKING Air gaps, loose fit	GOOD TRACKING No gaps, fits well	Bite on chewie to help "seat" aligners

- Bite on chewies as directed by your doctor or clinical staff. This will help keep aligners fitting well and prevent air gaps.

- Wear your aligners for 1-week cycles, unless otherwise recommended by your doctor or the clinical staff.

  If you still feel pressure from your aligners after 1 week of wear, you may wear your current aligner up to a week longer before changing to the next aligner.

- **Continue to see your general dentist every 6 months for regular cleanings and check-ups.**

- **Contact our office if:**
  - ... you are using your chewie and still experiencing an air gap.
  - ...a new aligner does not fit. Wear the best-fitting aligner until you are seen.
  - ...any bonded attachments or buttons come off.
  - ...you lose your aligner. Progress to the next aligner in your treatment.
  - ...your dentist recommends any restorative dental work.

- You may text us a photo and our doctor will determine the urgency for your next appointment.

Taking care of your aligners during treatment:

- Remove your aligners before eating or drinking anything other than water.
- Do not chew gum with aligners in.
- Brush and floss after meals and beverages before placing your aligners back in, especially after drinking any sugary or acidic beverages. Anything that is left on your teeth could be trapped under your aligners.

Clean your aligners daily

Gently clean your aligners by brushing with a toothbrush and cool water after meals and as needed. Use cleaner tablets 1-2 times weekly.

Store your aligners properly

Store aligners in their case—not in a pocket or napkin—when not being worn to avoid accidentally throwing them away! Store future inventory in a cool, dry place.

Keep your aligners safe

Keep your aligners away from pets, boiling water, bleach, and other cleaning products

Avoid harmful products

Do not use whitening products as they will damage the attachments on your teeth. Do not soak your aligners in mouthwash. Do not use denture cleaner.

Product recommendations

Ask our front desk about products to help with your treatment and aligner care! Cleaning and disinfecting products are available for purchase in our office.

Invisalign®
Virtual Monitoring

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Instructions for managing your care

- Please take pictures weekly before you change your aligners (located on your **My Care** tab in the app)
- First, take pictures with your current aligners in
- Next, take pictures with your aligners out
- When finished taking the pictures, please attach any questions or comments you have regarding your treatment
- Submitted pictures will be reviewed the same or next business day
- Move forward to your next set of aligners after your pictures have been submitted
- You will receive a message from one of our staff members that you are **On Track,** need to **Extend Wear** or **Revert Back**
- Please keep your last set of aligners

Tips & tricks

Remember to take all photos in a well-lit location

Make sure to select **Receive Notifications** on your app settings or you will not receive feedback

Taking pictures weekly is very important to limit in-office appointments and allow us to closely track your progress

If taking pictures weekly doesn't work with your schedule, please contact a member of our care team so we can adapt to your lifestyle