

Roadmap for Successful Invisalign Treatment

➤ Wear your aligners **20-22 hours** per day. Remove them only to eat, drink anything but water, brush, and floss.

Remember the 30 MINUTE RULE – try to not let more than 30 minutes pass without putting your aligners back into your mouth. Every minute counts.

➤ Putting your aligners in properly is important. Be sure to **seat the aligners completely and engage the attachments**. Do NOT bite them into place. Remove them using a peeling method.

➤ While brushing morning and night, be sure to **brush your aligners**, inside and out, with toothpaste as well.

➤ After eating, if brushing is not an option, swish with **water or mouthwash** to remove debris and put your aligners back in ASAP. Plan to clean your teeth at your earliest convenience.

➤ Store your aligners in the **case** provided so they are not accidentally thrown away or found by pets. Napkins and dogs love to kidnap aligners!

➤ For best results and comfort, begin each **new aligner before going to bed**. Brush, floss, and place the aligner.

This provides for a more comfortable transition to the next aligner.

➤ The aligners sequentially move your teeth. Therefore, wear each aligner in the order and for the length of time each one is prescribed. If you have worn your aligner for the amount of days recommended but do not have the next, please **keep wearing it full time until you can obtain the next aligner** from us.

➤ If there are rough edges on any aligners, use an **emery board** in a downward motion to smooth the area.

➤ When you finish with an aligner, save it. It is always best to **keep the aligner directly behind** the one you are wearing in case you lose your current aligner. Be sure to keep the last 3 aligners of the set as back-up retainers.

➤ You will likely progress through two sets of aligners. The first set does gross movements while the second, or “**refinement**” set, addresses the details to obtain the best result.

➤ If we come across stubborn teeth, the doctor may prescribe **additional appliances** (buttons, elastics, braces, etc.) to help these teeth move.

➤ If an attachment or button breaks loose, please call the office ASAP to have it replaced.

➤ If an aligner is lost or broken, call the office for instructions ASAP.

➤ During visits to your general dentist, be sure to have your current aligner with you. If any procedure is necessary, the dentist may use the aligner as a template to shape restorations.

➤ Vacations mean new places, more food, and activity. Wear your aligners as much as possible. Take along your present, previous, and next aligners just in case. Call the office ASAP for any advice.

➤ After orthodontic treatment, **retainers** will be necessary. You will receive information near the end of treatment

