



Invisalign Instructions

Congratulations! You are now well on your way to having a beautiful, straight smile you have always wanted. Here are some simple instructions for the proper care and use of your Invisalign aligners:

- _____ **Aligners should be worn 22 hours per day.** They should only be removed for eating and brushing.
- _____ **Do not eat with your aligners in your mouth.** After eating or drinking anything but water, brush, floss, and insert your aligners as soon as possible.
- _____ You may drink water with the aligners. Do not drink hot liquids, as it may distort the aligners. **Do not drink sugary or acidic liquids with your aligners in** as this will damage your teeth.
- _____ When brushing your teeth, brush off your aligners as well. Additionally, clean your aligners every day with a toothbrush and mouthwash.
- _____ **Wearing aligners that are not clean or wearing aligners on teeth that are not clean will cause cavities and gum disease.**
- _____ When not wearing your aligners, always store them in the Invisalign storage case. **Never wrap your aligners in a napkin.**
- _____ Keep your aligners away from pets. Dogs and cats love to chew on used aligners.
- _____ Store future aligners in a cool dry and safe place, do not discard your aligners. When finished with a set, clean them and place them back in their original pouch.
- _____ Tooth colored cement bumps called "Attachments" may be placed on your teeth to help with tooth movement. If one of the bonded attachments falls off, it is not necessary to return to the office to have it replaced. *Simply call us before your next scheduled visit and we will replace it at that time.*
- _____ When inserting aligners begin with your front teeth, when removing aligners begin with your back teeth.
- _____ If you misplace a set of aligners, wear the previous set or the next set in the series. Choose the set that fits most comfortably. Notify the office as soon as possible so we can determine the best way to proceed.
- _____ Exercise with your aligner "chewies" for at least 20 minutes per day or as directed by Dr. Erdell. This will ensure that your teeth respond optimally for the best result possible.
- _____ Please bring previous worn aligners to your appointment to back track if necessary.
- _____ Your general dentist should not remove your attachments. Also consult with Dr. Erdell prior to receiving dental restorations, as this may affect the fit of the aligners.

Feel free to call the office if you have any questions or concerns

Patient Signature

Date