



Invisalign Care

Instructions and FAQ's



invisalign[®]
PROVIDER

Our Invisalign Wear Instructions

1. You have been given _____ sets of aligners

2. Wear your aligners as your assistant instructed.

BIWEEKLY OR WEEKLY

3. **DO NOT** eat or drink anything other than **WATER** when you have your trays in. No color or sugar!

4. After you finish eating, try to brush your teeth before putting your Invisalign trays back in. It is better to wait to put your trays in until your teeth are clean.

5. Avoid leaving your trays in hot places or boiling them to clean. Your Invisalign trays are plastic and can warp.

6. It is best practice to **ALWAYS** keep your trays in their case when you're not using them to avoid damage and misplacement.



7. **KEEP** your previous trays even when you advance to your next tray. If you lose your current tray, you can always go back and wear your previous tray if needed.

8. **ALWAYS** bring your current tray to every appointment.

Invisalign FAQ's and Answers

How long do I wear my aligners each day?

We recommend wearing your trays for 20-22 hours a day. If you are not wearing your trays for 20-22 hours, switch your trays out every 10-14 days. If you were only wearing your trays at night, wear them for two weeks; 14 days

How do I clean my aligners?

Clean your aligners every morning and before bedtime using a soft-bristled toothbrush and a small amount of toothpaste.

Can I eat or drink with my aligners in?

No, do not eat or drink anything other than water when you have your trays in. No color or sugar!

I went on a trip and forgot to bring my aligners, will they still fit?

In most cases, your aligners won't fit anymore depending on how long the trip was. If so, go back to a previous tray that does fit and give us a call to schedule an appointment.



Can I wear my aligners for shorter or longer than my doctor prescribed?

We strongly recommend that you continue to follow the exact timing that Dr. Hiser's treatment plan has in place

One of my attachments came off, what should I do?

As long as your tray still fits snugly and your teeth continue to track, there is no reason to get the attachment re-bonded.

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MY INVISALIGN APP!**



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