



## **Invisalign Instructions for Use**

- Aligners should be worn at all times, except when eating or brushing. It is permissible to eat while wearing aligners, but aligners should be removed after eating, and teeth should be brushed before re-inserting aligners.
- Beverages may be consumed while wearing aligners, however, it is best to remove aligners when drinking a colored (ie: coffee, tea, cranberry juice, red wine) or sugary drink to minimize staining and increased risk for decay. Alternatively, a straw can be used to bypass beverage contact with aligners.
- Use the **Munchie** device as directed. (Generally for at least five minutes, three-times-per-day, though it is fine to use it longer or more frequently.) This “exercise” helps keep the ligaments surrounding the teeth pliable, and helps teeth move more easily and comfortably.
- It is normal to have some mild tooth soreness for a day or two after switching to a new aligner. This is more likely to be experienced toward the beginning of treatment, and generally lessens as treatment progresses.
- Keep the carrying case handy and place your aligners in the case when eating. This protects the aligners from being misplaced or broken. When switching to the next aligner in sequence, it is a good idea to keep the previous set of aligners. In the event you misplace or damage your current set, it is helpful to have the previous set to go back to until a replacement can be ordered for you.
- To keep aligners clean, simply brush and rinse aligners every time you brush your teeth.
- Keep an eye on your attachments. An attachment can dislodge, and if you notice an attachment has come off, it is best to call the office. It can be re-attached quickly and easily. Having all attachments in place will keep teeth tracking properly.

- Once Invisalign treatment has been completed and your dentist has removed your attachments and delivered your retainers, the retainers must be worn while sleeping each night to maintain the results. Teeth will quickly relapse if not retained on a regular basis, especially during the first year. **It is recommended that for the first 2-3 weeks after completion of treatment, you wear your retainers day and night before switching just to overnight wear.** This helps the teeth to adjust to being
- held in a fixed position. Your dentist may advise doing this for a longer period of time, depending on your particular case.
- Retainers will last for approximately 6-9 months before becoming loose or misshapen, though this varies greatly based on individual habits. A single replacement set (one upper, one lower) can be ordered through the office. Alternatively, Invisalign offers **Vivera Retainers**, a more durable and longer-lasting retainer, in sets of four. (Four uppers, four lowers.) These also can be ordered through the office.