



Hygiene & Cooperation

Aligner Wear

- ▶ Invisalign aligners are designed to be worn full time with the exception of eating and cleaning your teeth, amounting to a minimum of 22 hours per day.
- ▶ Treatment won't progress when aligners are not being worn. Possible relapse—if aligners aren't worn as directed, small increments of relapse can occur to greatly affect treatment effectiveness and length.
- ▶ Wear your current aligners to your appointments **AND** bring the last worn set to ALL appointments. Keep all aligners until treatment is completed.

Attachments

Attachments are designed to facilitate difficult tooth movements or to stabilize aligners. The “bumps” or attachment(s) on your teeth engage the aligner.



- ▶ Use the chewies provided. Every time you insert the aligner, bite the chewie several times along the full arch.
- ▶ Attachments must engage—when putting aligners in, check that the attachments **are engaged** as engagement is essential to your treatment.
- ▶ Check attachments regularly—if one is chipped, broken or lose, **notify us immediately**.



Good Fit



Poor Fit

Oral Hygiene

- ▶ **Remove your aligners before eating and drinking anything**—with the exception of water. Eating and drinking while wearing your aligners can damage and/or stain them.
- ▶ **Brush your teeth at least three times a day**, or after every meal before inserting your aligners. This will ensure your teeth are clean and aligners are in the correct position.
- ▶ **Use a non-whitening toothpaste** (i.e., Crest Cavity Protection toothpaste) throughout treatment. **Do not use any whitening products.** This includes toothpaste, mouthwash or whitening strips.
- ▶ **Floss daily.** Teeth move faster when there is more space between them.
- ▶ **Use mouthwash twice** daily for 60 seconds to kill germs. We recommend using a mouthwash with fluoride such as ACT Mouthwash®.
- ▶ **Visit your dentist for regular dental checkups** (preferably every 3 months) throughout orthodontic treatment.

Care

- ▶ **Clean your aligners** with a soft bristled toothbrush and toothpaste prior to each insertion.
- ▶ **Do not use denture cleaners or soak them in mouthwash.** These products can damage the surface of the aligners, causing them to become dull and more visible.
- ▶ **Avoid heat.** Keep your aligners **away from hot water, any heat source, or harsh chemicals.**
- ▶ **Avoid accidental damage.** Keep your aligners in the case provided and away from young children and pets.
- ▶ **If you should lose your aligners or break them**, replacement charges can apply. Contact our office so we can determine if a special appointment is needed to ensure your treatment stays on track.

**KEEP ALL OF YOUR PREVIOUS ALIGNERS
UNTIL TREATMENT IS FINISHED.**

Smiles start here.

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