

## Instructions for Invisalign

Congratulations on starting your Invisalign journey! We are excited to be with you at each step of the way to create a better bite, a better mouth, and a better smile. Please follow these instructions to increase the predictability and improve your overall results.

### **1. 22 Hours**

*Invisalign only works if they are worn. You must wear the trays 22 hours per day at minimum. And no more than 40 minutes out which is sufficient time for a meal, brush&floss, and return them back to your mouth.*

### **2. 2 Weeks**

*Each tray is to be worn for 2 weeks. We have dated the tray bags to show the date of moving to next tray.*

### **3. Save the last tray**

*Once you switch to a new tray, please save the previous tray in the bag. In case something happens to your current trays, these can be used as backup.*

### **4. Hydrogen Peroxide**

*To keep your trays clean, we recommend to soak the trays in a cup of hydrogen peroxide. Hydrogen peroxide is antibacterial and safe for oral use. Rinse your trays with water before returning them in your mouth.*

### **5. Drinking is okay, Eating is not**

*You may drink with the trays in, but should not eat with trays in. Also, it is recommended that you give a quick water rinse afterwards as fluids do seep into the trays.*

### **6. Buttons**

*Buttons/attachments do sometimes fall off. Please let us know and we can schedule you to re-bond the buttons at your earliest convenience.*

### **7. Sensitivity/Mobility**

*Your teeth are moving! It is normal to experience minor sensitivity and mobility.*

### **8. Oral Hygiene**

*The trays are covering your teeth 24/7. If there is food stuck under the trays, it can adversely can cause gum disease and/or cavities. Ensure you are thoroughly brushing and flossing after you eat food to prevent this.*

Invisalign is one of the most comfortable and easiest way of aligning your teeth. Many of our team members have had Invisalign and can answer any questions you may have. Please do not hesitate to ask questions or let us know your concerns. You matter to us, and we are here for you.