

Post-Op Instructions for Invisalign

Do

- Use your fingers to put your aligners place. First place the aligners over your front teeth, and then use your fingers to push the aligner down gently over your molars. When aligners are correctly inserted, they will fit all the way down on the teeth, with no space between the top of the aligners and the top of the teeth. Aligners will fit tightly at first but should fit well at the end of the two-week period.
- Keep aligners in except when flossing, brushing, eating. It is also best to remove the aligners when drinking warm beverages such as coffee or tea.
- Remove the aligner by pulling it off both sides of your back teeth simultaneously then lifting it off your front teeth. Place your aligners in the case we provided any time they are not being worn.
- Clean aligners with a toothbrush and toothpaste. You may soak aligners in hydrogen peroxide and water to help keep clean.
- Wear each set of aligners for two weeks unless our office directs you to vary from this schedule.
- Wear aligners in the correct numerical order. (Each aligner is labeled by number and with a U or an L to designate upper or lower.)
- Keep all your old aligners and bring them to your orthodontic appointments.
- If IPR was performed, you may feel gaps in between the teeth that trap food. It is especially important to maintain the health of your gums and teeth by diligently brushing and flossing at least morning and evening.

Do not.

- Do not place your aligners in or on a napkin or tissue. Many aligners have accidentally been thrown out this way!
- Do not use your teeth to “bite” your aligners into place.
- If you have pets, do not place your aligners anywhere that your pets can reach them. Pets are attracted to saliva and would enjoy chewing on your Invisalign trays!
- Do not use Denture cleaner, alcohol, or bleach to clean your aligners.
- Do not use boiling water or warm water on your aligners.
- Do not chew gum with your aligners in.
- It would be best not to smoke while wearing aligners. The smoke can stain the aligners as well as your teeth.

Just in Case

- If you lose the tab attached to your tooth that helps the aligner snap on, please call our office right away so that we can determine if you need to come in before your next scheduled appointment.
- If you lose one of your aligner trays, please wear the next tray if you have it. If you do not have the next tray, please wear the previous tray. It is extremely important to use a tray to keep teeth from shifting. Call our office to let us know which tray was lost so that we can determine if a replacement tray is needed. There will be a fee if replacement trays are required.

Retainers

- When treatment has completed, it is important to wear your retainers as much as possible in the first 6 months. That may range from wearing retainers 22 hours a day to just wearing at night. Consult with us which option is suitable for you. One way you can tell is depending on how much movement is felt after retainers are placed. If you go one day without wearing and the teeth feel very tight when retainers placed, you may need to wear retainers 22 hours for 6 months. If teeth are not sore, nighttime wear is sufficient. It is critical that retainers be worn after treatment to avoid tooth shifting. Warranty on treatment is for 5 years on condition that retainers are worn properly, and patient returns for proper re-care schedule. Retainers may wear out every 1-2 years. Please bring retainers to each hygiene appointment to be inspected and cleaned.