Top Tips for using + caring for your Clear Aligners

+ Tips and Recommendations

1. Aligners must be worn a minimum of **22 hours per day** for your treatment to be successful. It is recommended that you not keep aligners out for more than 40min at one time.

2. Each aligner set should be worn a minimum of **7-14 days**, or as directed by the clinical staff.

3. Do not throw your aligners away once finished with your wear time. It is recommended that you place the used aligners in there corresponding bags and back in your Invisalign treatment box. In the event a relapse happens, you'll have the corresponding aligners at home vs. re-ordering new aligners.

4. Drinking water while wearing your aligners is ok. If drinking dark or sugary liquid, it is recommended to remove or rinse your aligners and swish water in your mouth or brush your teeth once you've completed your drink.

5. Remove aligners when eating. It is recommended to rinse your aligners and swish water in your mouth or brush your teeth once you've completed eating.

6. Pre-Scheduled appointments are recommended to **keep your treatment on track** and secure days and times that work best for you. Failure to comply with these appointments will incur an additional fee of $79.00 for a rescan to get treatment back on track.

7. Use the case that comes with your aligners. Don't risk throwing them away by wrapping the aligners in a paper towels or napkins.

8. Wash your hands with soap and water or use hand sanitizer whenever you handle your aligners.

9. Have a portable Clear aligner kit you can throw in your purse or backpack. **Putting together a little kit will save you a lot of trouble** when you're out and about. Include things like a mini toothbrush, dental floss, toothpaste, lip balm and mouth wash.