LARSON DENTAL

Invisalign Treatment

Congratulations on starting your Invisalign journey! To ensure the best results and keep your teeth and gums healthy, please review the following care instructions carefully.

1. **Wearing Your Aligners**
   - Wear aligners **22 hours per day**, removing them only to eat, drink (anything other than water), brush, and floss.
   - Always insert and remove aligners carefully to avoid damaging them.
   - Change to the next set of aligners as directed by your dentist (every 2 weeks).
   - If you lose or break an aligner, contact our office immediately for instructions.
   - When putting in a new aligner, it is best to switch before going to bed for best comfort and movement of the teeth.
2. **Oral Hygiene**
   - If possible, brush your teeth after every meal or snack before reinserting aligners.
   - Floss daily to prevent food or plaque buildup between teeth.
   - Avoid using toothpaste or hot water on aligners—they can scratch or warp them.
   - Soak aligners in hydrogen peroxide to reduce bacterial build-up
3. **Eating and Drinking**
   - Remove aligners before eating or drinking anything except water.
   - Avoid sugary, acidic, or staining beverages while aligners are in place.
   - Rinse your mouth and aligners before putting them back in to prevent discoloration and odor.
4. **Discomfort and Soreness**
   - Mild soreness or pressure is normal for the first few days of each new aligner set.
   - You may take over-the-counter pain medication (Tylenol) if necessary
5. **Speech and Saliva**
   - You may notice a temporary change in speech or increased saliva when first wearing aligners. This typically improves with time.
6. **Attachments**
   - Attachments are used to assist movements.
   - Avoid playing with them or eating sticky foods that could loosen them.
   - If an attachment or button comes off, call our office to replace or wait until your next schedule visit.
7. **Monitoring and Appointments**
   - Attend all scheduled check-ups so your progress can be monitored.
   - If you experience a poor fit, or any other issues, contact us promptly.
8. **Retainers**
   - Once treatment is complete, retainers must be worn nightly to maintain your results.
   - Failure to wear retainers can cause teeth to shift back to their original position.

If you have any concerns or questions, please contact our office. Your compliance is key to achieving your best smile with Invisalign!