



Invisalign Instructions

- Wear aligner(s) for at least 22 hours per day.
- Change aligners on the date indicated on each new set.
- Do not move ahead with aligners before scheduled date. If you experience a problem with your current aligner, please call the office for instructions.
- With each new aligner change, seat the aligners by chewing on the provided cotton rolls for at least fifteen (15) minutes two (2) times per day for the first three days.
- **Do not eat or drink (water is ok) with the aligners in place. Place them in your case when you take them out for a meal.**
- If you eat or drink sugary things with your aligners in, there is a high chance of developing cavities and tooth decay.
- Each time you remove aligners, rinse or brush your teeth and your aligners before placing in the case.
- Brush your teeth at least 3 times per day and floss at least once per day.
- Use an antimicrobial mouth rinse once a day and use a Fluoridated mouth rinse before bedtime.
- Place your aligners in the case provided when not in your mouth.
- If attachments come off, call the office.
- If you're not sure if you should call the office, call the office.
- See your general dentist for your regular check-ups at least every 6 months.
- You may experience discomfort on one or more teeth after initial placement of aligners or after an aligner change.
- If needed, take whatever medication you would take for a mild to moderate headache in the event of orthodontic discomfort.
- Keep appointments as directed to monitor for tooth movement and prevention of white spot formation.

Patient: _____
Signed: _____
Witnessed: _____
Date: _____