



## Care Instructions - Invisalign

**Congratulations! You have taken the first step in your commitment to achieving the smile you've always wanted!**

### Things to know

#### The Case

When your aligner isn't in your face, it's in your case!

Get into the habit of carrying around your case with you everywhere. You would not believe the stories we have heard of; *how my dog ate my aligner! how someone threw out my tray because I left it in a napkin! I forgot my aligner in my pants, and it melted in the washer and dryer!* Don't be one of those stories. If it's not in your face, it's in your case!

#### Cleaning your tray

Treat your aligner like a second pair of teeth. Get into the habit of carrying a toothbrush with you everywhere you go. Before removing your aligner from your case it's been waiting in while you've been eating, BRUSH YOUR TEETH, then brush the inside and outside of your aligner before placing it back into your mouth.

#### Compliance

Invisalign is meant to be worn a minimum of 21 hours a day. This is a huge part you have to play to get the results you want. **Commitment, Commitment, Commitment!**

## Dietary Restrictions

You have three hours throughout the day reserved to be aligner free! Use them wisely. Aligners must be removed if you plan to be eating or drinking anything other than water. If you have buttons placed in your mouth, you will need to avoid chewing anything hard or crunchy. This will result in a broken button.

## Attachments

Tooth colored attachments are placed on your teeth to assist in movement throughout your case.

## Your Appointments

Whether your appointment is to change your next tray, have IPR (interproximal reduction) performed to create space for movement or to replace a lost attachment, please make sure to wear the current aligner you are on and to **bring the remaining future aligners you have with you to every appointment.**

## Broken Attachments

If you break an attachment, don't panic. Give us a call and let us know when you are scheduled to change into your next aligner, and we'll find an appointment for you to have it replaced before or on that date. We will use your next unopened set of aligners to place your lost attachment.

**Important:** Do not change into your next aligner if you've lost an attachment. Saliva (spit) cannot touch that aligner before bonding your lost attachment. The attachment will NOT stay if saliva has touched your tray.