

# INVISALIGN & CLEAR ALIGNER TRAY

## PROPER WEAR/CARE INSTRUCTIONS

The most important variable for success of your Invisalign/Clear Aligner treatment is your compliance to wear the aligners as instructed. Aligners need to be worn **at minimum 22 hours per day**, without exception. This includes faithful wear of rubberbands, if indicated, during treatment.

Your aligners will be changed on a weekly or bi-weekly basis, unless otherwise notified by the doctor. The most important indicator of your readiness to change into your next aligner is the overall fit of your aligners.

Your aligners should have no visible space between the edge of the teeth, and the aligner itself, when you are ready to change. The aligners should always fit tight over the teeth so no space is visible at the edge of the teeth. If a gap exists, aligner “Chewies” should be used until the aligner fits properly.

**DO NOT TRANSITION TO YOUR NEXT ALIGNER UNTIL ALL GAPS BETWEEN THE TEETH AND THE ALIGNER ARE RESOLVED.**



**To use the (Chewie) or Tray Seater**, bite down and hold in the area where the aligner needs to fit better for 5 seconds, then release. Repeat this process for 10 minutes at a time, up to three times per day, until the gap is reduced. ***\*\*If you have a history of TMJ, do not use the chewies, but instead use steady finger pressure to push the aligner in place instead, always making sure not to put pressure on your lower jaw if the problem is on the lower teeth.***

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## CARING FOR YOUR ALIGNERS:

- 1) **NEVER** eat or drink anything but water with your aligners in place.
- 2) When eating or drinking, remove your aligners and place into the case provided for safe keeping. **Do not** place your aligners in your pocket or napkins as this will lead to accidental damage or discarding of the aligners.
- 3) Brush the inside of the aligners carefully after each meal.  
Aligners should be “*crystal clear*” at all times. If aligners are cloudy, this is an indication of plaque accumulation, which can be extremely damaging to the teeth, leading to scarring/decalcification and cavities of your teeth.
- 4) Brush the inside of the aligners with toothpaste and **COOL** water, or with baking soda and water.  
***NEVER ever use (HOT) water to clean your aligners! - (it will disfigure the aligner!!)***
- 5) If you **do not** have a sulfa allergy, denture cleaner or Retainer Brite Tablets, may also be used in addition to brushing the aligners to keep them extra clean! Place the aligners in **COOL** water with a denture cleaning tablet or Retainer Brite tablet to soak for 15-20 minutes. Remove the aligners when time has passed, brush and rinse out the aligners before placement back into your mouth.

### **Other Tips:**

If you have a rough spot on your aligner,  
gently use an emery board (*nail file*) to smooth out the area.

If your aligner becomes lost, cracked, etc. it may be OK to move into your next aligner. **HOWEVER**, please call our office to confirm if this transition is OK before automatically changing in to your next aligner tray.

Thank you and we look forward to seeing you soon!

