



Instructions for Aligner Patients

1. **Aligner wear:** Wear your aligners **22 hours per day**. Take them out only to eat, brush and floss. When aligners are not in the mouth they are not working, so treatment is not progressing! Also, when the aligners are not in your mouth, small increments of “relapse” (reverse movement) can occur, which will greatly affect treatment response and time.
2. **Changing Aligners:** When changing to the next aligner, doing so at night allows for easier removal in the morning and lessens discomfort.
3. **Attachments:** Attachments are made of tooth-colored composite material and are placed on the teeth to help the aligners express certain movements. It is very important that the “bumps” or attachments on the teeth completely engaged into the corresponding “bubbles” in the Aligner.
 - a. Each time you insert your aligner, it is very important that you check to be sure the attachments are engaged. If they are not engaged, the attachment may work against your treatment plan.
 - b. Check attachments daily. If one is chipped, broken or loose, notify your doctor promptly.
4. **Changing to the next set of Aligners at home:**
 - a. After 2+ weeks, change to your next set of aligners. Reduced pressure does not indicate that movements are not occurring. As previously mentioned, when changing to the next aligner, doing so at night allows for easier removal in the morning and lessens discomfort. If you have any sharp edges on an aligner, you may try to smooth it yourself with an emery board or you call us to smooth it for you. Make sure that the aligners snap down over the attachments fully.
 - b. Floss between all of your teeth with unwaxed floss. If any areas between teeth are tight enough to fray or rip the floss **DO NOT** change the aligner. Call our office for advice or an appointment, so the doctor can advise you about moving forward to the next aligner.
5. **Other IMPORTANT information:**
 - a. If you break or lose an aligner, call our office immediately. There will be a fee for aligner replacement.
 - b. Aligners must be worn in the right order and only on the dental arch indicated on the aligners (U1 is your first upper aligner)
 - c. Keep your current aligner in the blue case and your previous aligner in the red case (New blue; Red dead!) Save all your aligners previously worn. **Do not throw them out** because we sometimes need to back up to previous aligners.
 - d. Bring your current and previous aligner to all your office visits.
 - e. At the end of your first series of aligners it may be necessary to wear another series of “refinement” aligners to complete treatment.
 - f. Lack of cooperation/lack of aligner wear can not only result in a poor result but you may incur additional treatment fees to complete your treatment.
 - g. If you lose an aligner, you must wear something to keep you teeth in from drifting. Call our office immediately for directions. If you are at the end of the 2 week period, you can move on to the next aligner. If you are not at the end of 2 weeks, you will have to go back to the last aligner and we will order a replacement aligner for the lost one. There is a fee from Invisalign® for the replacement aligner.
6. **Cleaning your aligners:**
 - a. You can clean your aligners with your toothbrush and toothpaste or mild soap. You can also use an electric toothbrush. Invisalign® sells online Aligner Cleaning Crystals (www.invisalign.com : I’m a patient). Do not use denture cleaner that has any colored mouthwash in it as the aligners tend to absorb the color. Also, do not soak them in colored mouthwash or in any hot liquids.