



INVISALIGN®

ALIGNERS SHOULD BE WORN 22 HRS A DAY

If aligners aren't worn **22 hours per day**, then you might need to wear the aligners for a longer duration than the doctor recommended (ex: if you normally wear the aligners 7 days each, add 3 days if you only get 18 hours per day).

In order for the teeth to move as planned, the aligners need to fit well throughout treatment, and the only way they will fit well is if you wear them for the recommended **22 hours per day**.

USE CHEWIES TO HELP SEAT THE ALIGNERS

Chewies should be used 10 minutes per day. Make sure you are chewing in the front and the back to help fully seat the aligners and ensure a good fit all the way around.

Chewies are reusable.

You can always pick up more chewies from our two office locations during work hours.

Don't only focus on the front or the back when using the chewies. It is best to chew evenly on the front and back.



JUST BECAUSE YOU CAN'T SEE IT DOES NOT MEAN IT'S NOT THERE...

CLEANING ALIGNERS IS ESSENTIAL

Clean your aligners several times a day. If you don't have time to fully clean your aligners after a meal, rinse your mouth and/or the aligners with water.

Use a toothbrush with a small amount of soap and water to clean the aligners. You can also use a small amount of mouthwash with a toothbrush or retainer or denture cleaning tablets.

Do not drink/eat with aligners in, it will potentially change the color of the aligner (ex: Kool-Aid, coffee, or curry).

KEEPING YOUR ALIGNERS SAFE

Make sure that you keep your aligners in their case when you are not wearing them. Do not wrap aligners in a paper towel when you are eating - this is the easiest way to throw them away.

Keep your aligners away from pets. Your pets love YOU and they love your aligners too!

Keep your aligners out of any type of heat (ex: dishwasher, hot car, etc.)

