



INVISALIGN PATIENT CARE INSTRUCTIONS

Thank you for trusting our practice with your oral health care. We are excited about the transformation your smile will undergo over the next several months, leading to a happier, healthier you.

Below are your daily instructions on caring for your teeth and Invisalign aligners as you go through this experience. As always, if you have any questions or concerns, please let us know.

- **Aligner wear - Keep aligners on for 22 Hours per day and take them out to eat or drink anything but water.**
- **Brush and floss after eating to maintain good oral health while using aligners.**
- **Once you are due for your next aligners please change your aligners at night allowing aligners to settle.**
- **Cleaning - Invisalign Cleaning Crystals or soft-bristled toothbrush with non-alcohol mouthwash.**
- **Always bring your previous and current aligners with you to each appointment. There will be a \$45.00 charge if aligners need to be replaced.**
- **Use Chewies to seat aligners throughout the first two days.**

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