

Invisalign: Aligner Protocol

How long do you wear your aligners?

- Your Invisalign Aligners **MUST** be worn at a minimum of 22-23hrs a day.
- Switch aligners on the dates provided to you on your aligner bags. Though your teeth may feel “ready” for the next tray, you must allow the **MAXIMUM** amount of time needed so that each aligner is able to fully express movements programmed during each stage.
- As you wear the aligners for extended periods, they may initially feel more rigid but will soften over time. This can cause small flecks of tray material to come off the surface. This is normal and not an emergency; it can vary depending on how much you clench or grind your teeth.

How do I make sure my aligners are fully seated?

Since each aligner within your treatment has incremental movements programmed, you must ensure that you are doing your part in using the aligner seating aids.

- Chewies: following every removal of the trays use your chewie to bite your aligners into place, rotating the chewie following every bite.

Eating & Drinking

Eating and drinking while wearing the aligners is fine and even encouraged. However, immediately after meals, please take a moment to brush both your teeth and the aligners. If you're short on time during the day, you can rinse with water and then replace the aligners.

Soreness

Soreness is a normal occurrence with Invisalign treatment. If you develop sores of your lips/cheeks or gums rinse with salt water 3x daily to aid in the healing process. If you are inclined to medicate with over the counter medications **Tylenol** is best during Invisalign treatment. Please avoid the use of non-steroidal anti-inflammatory medications (Aleve/Ibuprofen/Naproxen). ****If you cannot tolerate Tylenol please contact our office.****

Cleaning Aligners

Invisalign Aligners should be cleaned using a toothbrush and toothpaste. When stains and build up develop you may also use a denture cleaner, retainer cleaner “KLEENITE,” or a dilution of 1:10 white vinegar and water. Kleenite is available on Amazon for your convenience.

Lost Trays

In the event of a lost aligner, contact our office immediately. If replacement aligners are needed, a **\$75 fee** will be charged per Aligner.



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