

Invisalign Instructions



DAILY CARE & MAINTENANCE OF INVISALIGN ALIGNERS

- Aligners should be cleaned prior to each insertion using a soft bristle toothbrush and a small amount of toothpaste if possible. Rinse mouth or brush quickly (with or without toothpaste) before inserting after a meal or snack.
- Each aligner should be rinsed thoroughly with cool water after each cleaning.
- Do **NOT** use denture cleaners to clean aligners & Do **NOT** soak aligners in outhwash.



What to do when attachment(s) come off?

- Take a photo (See below) of the tooth and Circle/point to the area and email to smile@townsquareortho.com
- Identify the following:
 - Which aligner number you are wearing.
 - Is it the left or right and upper or lower tooth
 - First and Last name of patient
- As not all attachments need to be replaced, the doctor will review your file and advise.
- Do not move to your next set of aligners until the doctor responds back to you.

PRECAUTIONS/TIPS

- Keep aligners out of reach of young children & pets.
- Never use hot water or harsh chemicals on your aligners.
- Discomfort may be experienced, use pain medication Tylenol is suggested for tooth pain. Usually goes away after several days.
- The aligners may temporarily affect speech. This usually disappears within 1-2 weeks of beginning treatment.
- Failure to wear the aligners for 20-22 hours/day will lengthen treatment time and may affect the ability to achieve the desired results.
- Gums, cheeks, or lips may be scratched or irritated by the aligners. If this persists, please contact our office.
- Tooth decay, periodontal disease, and permanent markings on your teeth may occur if patients do not brush & floss properly.
- Use chewies for 5 mins every time you put the aligner in so it fits better on your teeth 😊
- Don't play/dislodge the aligner with your tongue. The aligner needs to be on your teeth for it for work.
- Protect your aligners in your case when not in your mouth. Don't put them in your pocket or napkin.

What to do when button(s) come off or aligner breaks?

- Take a photo and email it to our clinic with the current # of aligner you are wearing.
- There may be a back up button or slit that you can use until your next appointment.



Upper right tooth attachment or button off, Aligner 22



Upper right Aligner cracked or broken, Aligner 17