

## Invisalign Instructions

### Always remember:

- Wear your aligners 22 hours a day for best results. Store your aligners in the black case when not in your mouth.
- Switch your aligners weekly or biweekly as prescribed by Drs. Laura and Ross Pulver.
- It may take a couple of days for your tongue to get used to having your aligners in place, and you may have a slight lisp. This should disappear quickly.
- When you start wearing each new set of aligners, you may feel a little extra pressure or discomfort for the first few days. Warm salt water rinses and Tylenol or Advil can help.

### Inserting and Removing Your Aligners

- Wash your hands before handling your aligners and rinse your aligners when removing them from the packaging.
- Gently push the aligner over your front teeth and then apply equal pressure with your fingertips to the tops of your molars until the aligner snaps into place. Do not bite your aligners into place (this may damage them).
- To remove your aligners, use your fingers, working inside out and back to front. Start on one side at the molars (back teeth) and slowly work your way around to the other side lifting gently. Do not use excessive force or bend/twist your aligner. After removal, rinse with water, shake off excess and store in their case.
- Remove your aligners for eating, drinking, brushing, and flossing. Brush after every meal before placing your aligners back in your mouth.

### Daily Care and Maintenance of Aligners

- Clean your aligners prior to insertion with a soft toothbrush and a small amount of liquid hand soap. Rinse thoroughly with lukewarm water. Never use hot water on your aligners – it may warp the plastic.
- Use the cleaning crystals provided in your start kit (also available online) or another cleaning tablet to keep your aligners odor-free, hygienic and clear.
- DO NOT use toothpaste or soak them in mouthwash. These products can damage the surface of the aligner, causing it to become dull and more visible.

### Tips to Help

- Call us if you lose or break an aligner. Lost attachments can be replaced at the next scheduled appointment. Call us ahead of time so we may be prepared at your appointment.
- You can use the My Invisalign app to receive reminders and notifications to help you stay on track with your Invisalign treatment.
- If you have ANY questions or concerns, please call!