



Invisalign Post Treatment Care Instructions

How often must the aligners be changed and worn?

- Aligners should be worn at least 22 hours a day for best result.
- Change your aligners every 7 - 14 days as prescribed by your dentist. Begin a new set of aligners at night for maximum mechanical potential and comfort.
- Should never move ahead to the next aligner if the current set is not seating well.
- Use aligner chewie as much as possible whenever you put on a new aligner, especially for the first 3 days. Please bite and hold the aligner chewie for about 5 minutes each day and it should be changed when they turn soft or dirty.
- Remove it during mealtime and should be cleaned twice a day.

Are there restrictions on what I can eat during treatment?

- No. Unlike traditional wires and brackets, there is no restrictions on the kind of food intake as the aligners are being removed before consumption.
- You need to brush and floss after each meal before reinserting your aligners for proper hygiene.
- When aligners are not worn, keep it in the case/box. Avoid wrapping in tissue in case they get thrown away accidentally.

How do I care for my aligners?

- Always brush and floss your teeth after each meal before reinserting your aligners.
- Clean aligner with toothbrush and toothpaste.
- Avoid washing or soaking aligners in hot water.

Other important notes:

- When you travel, always bring along your aligners.
- Keep the old set of aligners. Wear the old aligners if you happen to lose the current aligner.
- Increased mobility and discomfort will be expected for about 1 week or less. Mild painkiller can be taken if necessary.
- Should never trim aligners with scissors or nail cutter. Nail file only if needed.