

**LEARN ABOUT**

# INVISALIGN



## Things to Know

- Wear full time (22 hours per day)
- Take out to eat or drink (except water)
- Switch aligners as instructed (weekly or every 2 weeks)
- When the aligners are not in your mouth, put them in a case in a safe place.

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## Maintenance

- Use clear antibacterial hand soap with a soft bristled toothbrush to clean daily
- Retainer or denture cleaner can be used to soak your aligners for 15 minutes.
- Do not use toothpaste or mouthwash - this can scratch or stain the aligners.
- If possible, brush your teeth before putting your aligners in your mouth.

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## DO NOT

- Eat or drink with them in
- Allow your pets near them
- Wear during active sports
- Put them on a lunch tray, plate, or in a napkin
- Put them in your pocket
- Leave them in the heat (hot car, boiling water)

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***Invisalign does not work if you  
don't wear your aligners!***

***If they are not in your face they  
are in your case!***

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If any attachments come off, your aligner is not fitting, or are lost or broken, call to schedule an appointment.

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