

INSTRUCTIONS FOR YOUR INVISALIGN

What to expect?

1. Most people experience some mild soreness for a day or two after starting each new stage. This is normal. It is a sign that the aligners are working and moving your teeth to their final destination. Take Tylenol every 4-6 hours as needed.
2. On rare occasions, aligners may temporarily affect your speech. However, as your tongue gets used to having the aligners in the mouth, any minor disturbance in normal speech caused by the aligners will usually disappear within 48 hours (depending on how much you speak). Remember practice makes perfect so keep practicing and your speech will continue to improve.

Direction of Use

1. Each aligner should be worn **21-22 hours per day for 2 weeks each** unless otherwise indicated.
2. Aligners should be removed for eating and brushing. After eating, we recommend that you brush, floss, and insert your aligners as soon as possible
3. You may only drink WATER with the aligners in. Please keep in mind that beverages high in sugar/acid will damage your teeth if worn with aligners in for an extended period of time. Very hot drinks could warp/distort aligners. After drinking, we recommend that you brush and rinse off aligners.

Aligner Chewies

1. You use Aligner Chewies to help close any air gaps between your teeth and your Invisalign aligners. Typically when you get a new set of aligner trays, they may not fit tightly against your teeth at first. Biting on the Chewie helps your trays to fit tighter on your teeth.
2. To use an Aligner Chewie, just position it between your teeth (either "long way" or "short way" are fine) and bite down. Quickly move it from one end of your mouth to another, continuing to bite up and down, until you have bitten on it with all of your teeth. Then go back and do it again, and keep repeating the process until the trays fit better to your teeth. Repeat each day for 5-10 minutes until aligners are seated.

Care Instructions

1. When brushing your teeth, brush off your aligners as well.
2. Never place them in boiling water or soak them in mouthwash or denture cleaner.
3. When not in use store aligners in cases. **NEVER WRAP YOUR ALIGNERS IN A NAPKIN**, they will be thrown away!
4. Keep aligners away from pets
5. Never discard aligners. When finished with a set, clean them and place them back in their original pouches and return to appropriate box. Bring the box you are currently on to your appointment.
6. If desired, patients can use Polident retainer cleaner (Available for purchase from local drugstore).

Emergencies

1. If you misplace or break a set of aligners, wear the previous set. If you are 2 days or less away from your next aligner, you may insert the next aligner.
2. If one of the bonded attachments falls off your tooth during treatment please notify the office to have it replaced at your next visit.
3. Please keep your last set of trays. (E.g. if you are wearing tray #9, keep #8 until you change to #10).
4. For all orthodontic emergencies, we encourage you to use our "Online Check-in" system. This can be located on our website - <https://www.auraortho.com/online-check-in/>