

INVISALIGN FIRST DELIVERY & POST-OP INSTRUCTIONS

A. YOUR FIRST INVISALIGN DELIVERY

At your first delivery appointment, our team will:

- Check that your aligners fit properly.
- Place attachments, if prescribed by the doctor.
- Show you how to insert and remove your aligners.
- Review your aligner-changing schedule.
- Explain how to clean and care for your aligners.
- Show you how to use chewies, if recommended.
- Answer any questions before you leave.

Before leaving the office, please make sure you are comfortable inserting and removing your aligners.

B. WEAR YOUR ALIGNERS 20–22 HOURS PER DAY

For Invisalign treatment to work properly, your aligners must be worn consistently. Remove your aligners only for:

- Eating
- Drinking anything other than plain water
- Brushing and flossing

Wear your aligners while sleeping. Change to your next aligner according to the schedule provided by our office. **Do not skip an aligner or change early unless instructed by us.**

C. CLEAN YOUR ALIGNERS EVERY DAY

Even if you change your aligners every week, they still need to be cleaned daily.

- Rinse and gently clean your aligners every day.
- Use cool or lukewarm water.
- Use an appropriate clear-aligner cleaning product if desired.
- Brush and floss your teeth before replacing your aligners whenever possible.
- **Never use hot water**, as it may distort the aligners.

Good oral hygiene is especially important during Invisalign treatment because food and plaque can become trapped underneath the aligners.

D. EATING & DRINKING

- Do not eat while wearing your aligners.
- Remove them before drinking coffee, tea, soda, juice, wine, or other beverages. Plain water is okay while wearing your aligners.
- Whenever you remove your aligners, **place them in their case.**
- Do not wrap them in a tissue or napkin. This is one of the easiest ways for aligners to be accidentally thrown away.

E. MAKE SURE YOUR ALIGNERS ARE SEATED

Your aligners should fit snugly over your teeth.

Look at your aligners regularly. If you notice a significant space between the aligner and your teeth, or the aligner does not seem to be fitting as well as before, **contact our office.**

F. WHAT IS NORMAL?

When you begin Invisalign or change to a new aligner, you may temporarily experience:

- Mild pressure or tenderness
- Tightness. Minor tooth sensitivity
- Slight changes in speech. Increased saliva
- Mild irritation while your mouth adjusts

Some pressure is expected because your teeth are moving.

However, **significant pain, persistent irritation, or an aligner that does not fit properly should not be ignored.**

G. DURING TREATMENT & WHEN TO CONTACT US

You do not need to wait until your next scheduled appointment or your next aligner change.

Please contact our office if:

- An aligner is poking, cutting, or irritating your gum, cheek, or tongue.
- You have significant or worsening pain.
- Your aligner does not fit or seat completely.
- You see a significant or increasing gap between the aligner and your teeth.

- An attachment comes off.
- Your aligner cracks, breaks, bends, or becomes distorted.
- You lose an aligner.
- You accidentally skip an aligner or wear the wrong one.
- You cannot comfortably insert or remove an aligner.
- A tooth feels unusually painful or excessively loose.
- Your gums become significantly swollen, painful, or irritated.
- A sore or irritation is not improving.
- You are unsure whether you should move to your next aligner.
- You have any other concern about your Invisalign treatment.

Do not simply wait for the next aligner if you are experiencing a problem. Please contact our office so we can advise you.

H. LOST OR BROKEN ALIGNER

If you lose or break an aligner:

Do not automatically move to the next aligner.

- Keep your previous set of aligners whenever possible.
- Contact our office.
- We will tell you whether to wear your previous aligner, move to the next one, or order a replacement.

I. IF AN ATTACHMENT COMES OFF

- Attachments are small tooth-colored shapes placed on certain teeth to help Invisalign move them properly.
- If you notice that an attachment has come off, **contact our office.**
- Do not assume it can wait until your next regular appointment. We will determine whether it needs to be replaced right away or can safely wait.

J. DURING YOUR INVISALIGN TREATMENT

Please keep all scheduled Invisalign progress appointments.

During these appointments, we may evaluate:

- Aligner fit and tracking
- Tooth movement
- Attachments
- Your bite

- Gum and tooth health
- Your aligner wear
- Your progress according to the treatment plan

Please bring your **current aligners** and any additional aligners requested by our office to your appointments.

PLEASE REMEMBER

WEAR IT — CLEAN IT — CHECK THE FIT — KEEP YOUR APPOINTMENTS — CALL US IF THERE IS A PROBLEM

Successful Invisalign treatment is a partnership between you and our dental team.

Questions and concerns are always welcome. **We would rather have you contact us early about a small concern than wait until it becomes a bigger problem.**

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