

# INVISALIGN INSTRUCTIONS



The biggest thing we stress is that Invisalign trays must be worn at least 22 hrs each day with no more than 40 minutes out. If trays are worn any less than 22 hrs each day, movement will not occur as projected.

Each set of trays is to be worn for \_\_\_\_\_. Each Invisalign tray is pre-dated accordingly. Before reaching the last set of trays, please make sure you have an appointment set up to pick up more trays as we are currently booked 3-4 weeks out.



Only drink water with Invisalign trays in. Remove your Invisalign trays before drinking other beverages or eating food. Rinse or brush teeth afterwards.

A travel toothbrush is given to promote brushing when not at home. Keeping up with good oral hygiene is important because this will prevent the trays from becoming traps for cavities. A travel case is also given to keep Invisalign trays safe. This case is to be kept with patient at all times. When trays are taken out they should immediately be put in the case because replacing a lost set of trays costs \$200. Please avoid putting trays in napkins because they will get thrown away and do not leave trays around animals because they may get destroyed.



Patients must also SAVE the previous set of trays. This set of trays is to be kept in its numbered Invisalign baggie. Saving the previous set is important because if something does happen to the trays currently in, patients have a set of trays to fall back on; the next trays up may not fit.

When putting in a new tray, always switch at night before going to bed. Most of the movement happens within the first 6-8 hours that the trays are in. Switching trays at night allows this movement to take place without interruptions.

