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INSTRUCTIONS FOR INVISALIGN

- You are to wear your Invisalign aligners at all times with the exception of eating, drinking, brushing and flossing. Your aligners may be worn while drinking water.
- Aim to wear them 22 hours a day.

Brushing:

After brushing and flossing your teeth in the morning and at night, brush your Invisalign aligners with your toothbrush and toothpaste, then rinse under lukewarm water. It is important that you brush your teeth and aligners after each meal and prior to re-inserting your aligners to maintain necessary hygiene.

Diet:

While in treatment you will have to remove your aligners to eat, chew gum, and drink anything except water. Leaving aligners on while drinking may stain them and you may risk decay from drinking fluids with sugar in them.

Speech:

As with all orthodontic treatments, aligners may temporarily affect the speech of some people and you may have a slight lisp for a day or two. However, as your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by the aligners should disappear.

Retainers:

You will be given retainer(s) upon completion of your Invisalign treatment. Retainer(s) should be worn 24/7 for the first six months. After six months of completion, you may wear your retainer(s) during the night only. Keep in mind, retainer wear is a lifelong commitment. If you do not wear your retainer(s) as prescribed by our office, tooth movement may occur.

Patient Signature

Date

Responsible Party Signature

Date

Witness

Date