INVISALIGN INSTRUCTIONS

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

● Each set of trays is to be worn for two weeks. 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

● Patients can drink anything with Invisalign trays in, but cannot eat with trays in. It is not recommended that patients drink beverages with sugar, but if they do we ask that patients rinse well with water afterwards.

● Keeping up with good oral hygiene is important because this will prevent the trays from becoming traps for cavities. A black and gold travel case is 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 incurs additional cost. 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.

● To keep Invisalign trays clean, it is recommended that patients soak trays in a cup of hydrogen peroxide. Hydrogen peroxide is antibacterial and safe for oral use. Hydrogen peroxide is also what will prevent trays from staining.

Supplemental Tools:

- Ortho key/chewie: facilitates removal and seating of aligners
  https://amzn.to/4oAZfLX