DIGNITY DENTAL PRACTICE
Family & Cosmetic Dentistry

Invisalign® Aligner Care & Instructions

Please follow the wear schedule and instructions provided by your dentist. Consistent wear and proper care are essential for effective treatment.

22 HOURS	REMOVE TO EAT	KEEP THEM COOL
Wear aligners at least 22 hours daily or as directed.	Remove aligners for eating, drinking, and oral care.	Avoid hot water and disinfectants that may deform aligners.

What Are Aligners?

Clear aligners are a series of doctor-prescribed, thin, clear plastic removable orthodontic appliances. They gently move teeth from their original position toward the planned treated position in small increments. Tooth-colored attachments may be placed on selected teeth to help the aligners apply force effectively.

Wearing Aligners

- Check the packaging label before inserting a new aligner.
- Wash your hands before handling the aligners.
- Wear aligners for at least 22 hours daily or as directed.
- Change aligners every 14 days or as instructed, preferably before bedtime.
- If you are unable to wear your aligners as recommended, extend the wear time and contact your dentist for guidance.
- Wear each appliance on schedule to avoid unintended tooth movement or treatment delays.

Aligner Insertion

- Position the upper or lower aligner over the front teeth and guide it back until it clicks into place.
- Check that the aligner fits fully over all teeth and that your bite feels properly seated.
- If the aligner does not seat fully, use the chewies from your starter kit if instructed.
- If an aligner will not fit at all, contact your dentist. Do not force or self-adjust the appliance.

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Removing Your Aligners

- Upper aligner: start at the back of the mouth and gently pull the aligner away from the teeth with your finger. Alternate between the left and right sides until removed.
- Lower aligner: start at the back of the mouth and gently push the outer edge away from the teeth with your finger. Alternate between the left and right sides until fully removed.
- If removal is difficult, gently lift the edges with your fingernail. Avoid excessive force that could damage the aligner.

Care & Maintenance

- Store aligners in their case to avoid loss or damage. Clean the case with soap and water.
- Rinse aligners before placing them back in the case after eating or drinking.
- Clean aligners with a soft-bristled toothbrush and cold or cool water. Avoid hot water and disinfectants.
- Brush your teeth and rinse your mouth before reinserting aligners, especially after eating or drinking.
- After sugary foods or drinks, clean your mouth before putting the aligners back in.
- Bring your aligners to office appointments unless otherwise directed.

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Invisalign® Aligner Safety & Patient Instructions

Patient Instructions

- Remove aligners for eating, drinking, and oral care.
- Attend scheduled office visits so treatment can be monitored effectively. Reschedule missed appointments promptly.
- Do not adjust, trim, reshape, or otherwise modify the aligners yourself.
- Report any loss, crack, peeling, deformation, or other damage to your dentist promptly.
- Inspect aligners for cracks or damage before each use. Do not use a cracked aligner unless your dentist advises you to do so.
- Patient cooperation and following the prescribed wear schedule are essential to treatment progress and timing.

What Is Normal?

- A new aligner may cause slight pressure or discomfort. This is common when beginning a new stage.
- If discomfort is prolonged, unusually intense, or becomes sharp pain, contact your dentist.

Contact Dignity Dental Practice If...

- You experience sharp pain, excessive irritation, or an injury caused by the aligner.
- The aligner will not seat properly or you cannot insert or remove it without excessive force.
- You develop gum irritation, gum injury, an oral ulcer, dental abscess, or unusual tooth looseness.
- An aligner or treatment accessory is lost, cracked, damaged, deformed, or peeling.
- A treatment attachment or functional accessory comes off.
- You are unable to wear your aligners for the recommended amount of time.

Important: If gum damage, a dental abscess, oral injury, or unusual tooth looseness occurs, contact your dentist for guidance and pause aligner use if directed. If a treatment component is swallowed or inhaled and you have breathing difficulty or other urgent symptoms, seek immediate medical attention.

For questions about your aligners or treatment, contact Dignity Dental Practice at (209) 957-1244.

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