

THE CENTER FOR  
**Cosmetic & Restorative**  
DENTISTRY  
*It's your time to smile.*

## Care and Instructions for Invisalign

We are excited about the possibilities for your new smile. We believe that the healthier you maintain your mouth, the healthier your overall body can be. All long-term dental success is based on a healthy and stable bite relationship. You have made a wise decision to improve your health and appearance.

**These are some guidelines for you to reference during your INVISALIGN treatment.**

- Please wear your aligner at least 22 hours per day. Please remove the aligners to eat, brush and floss. You can drink water with your aligners in place, please avoid sugary drinks as they will cause tooth decay. Also avoid tea and coffee, as they will stain your aligners and teeth
- Your aligners will be changed every 2 weeks and may feel tight or cause pressure/tenderness when initially placed on your teeth. This is normal. If needed, you may take over the counter pain reliever such as Tylenol or Advil to help ease any discomfort. Always start new aligners at bedtime. This will ensure the most comfort and best result for you. If anything becomes significantly uncomfortable, please call immediately.
- Your aligners should fit well at all times. You should not be able to see space between your teeth and aligner. If you notice space between your aligner and your teeth, you should call the office immediately. If your aligners feel rough to the cheek, tongue or lip, you may use a nail file to lightly smooth any rough edges/ areas. Please call if you are not able to adjust to a comfortable fit.
- Tooth colored attachments may be bonded to your teeth to optimize the movement of your teeth during treatment. If an attachment displaces, please contact the office immediately to have it replaced
- We will continually monitor your progress every few weeks, and will make adjustments as needed. In some cases, extra aligners may be needed to perfect the results
- It is normal to feel slight changes in your bite, but if you experience discomfort, please call us. Once your teeth are aligned, you will need to wear a custom made retainer full time for at least three months

Please call our office if you have any questions.

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