



Invisalign Instructions

- The biggest thing we stress is that 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 1-2 weeks. When moving onto a new tray, make sure that it has a proper fit. This means that the tray does not easily pop off of any teeth and that the edge of the plastic is in line with edge of the teeth. There should be minimal movement of the tray when you apply biting force. If the new tray is not fitting properly, remove it and proceed with the previous tray for another 1-2 weeks, checking periodically to see if the new tray fits as desired. Before reaching for your last set of trays, make sure you have an appointment scheduled to pick up more trays as we are booking several weeks out.
- Remove your trays to eat. After a meal, brush thoroughly before re-inserting the trays. You may drink with the trays in, but avoid doing so with sugary beverages. If you consume anything other than water with the trays in, remove them to rinse well with water afterwards. If you drink coffee or tea, we recommend not using any sugar and minimal milk/cream. Some superficial staining may result from these beverages (and red wine). Staining can be kept to a minimum by using an electronic toothbrush and can always be removed at a future cleaning.
- Keeping up with good oral hygiene is important because this will prevent the trays from becoming traps for cavities. The travel case given is to keep your trays safe. This case is to be kept with you 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 and delays your treatment. Please avoid putting trays in napkins because they will get thrown away and do not leave trays around animals because they will get destroyed.
- SAVE your previous set of trays in its numbered baggie! Saving the previous set is important because if something does happen to the trays you are currently in, you will have a set of trays to fall back on; the next trays up may not fit yet.
- 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 trays clean, it is recommended that you soak your 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.