



ROYAL ORTHODONTICS

ORTHODONTIC SPECIALIST FOR CHILDREN & ADULTS

INVISALIGN INSTRUCTION SHEET

- WEAR YOUR ALIGNERS FOR AT LEAST 22 HOURS/DAY EXCEPT WHEN EATING OR BRUSHING YOUR TEETH.
- YOU MAY KEEP ALIGNERS IN YOUR MOUTH WHEN DRINKING COOL (NOT HOT) COLORLESS, SUGAR-FREE LIQUIDS.
- CHANGE YOUR ALIGNERS EVERY 2 WEEKS. IF YOU MISS A FULL DAY, ADD ONE DAY ONTO THE DURATION FOR THAT TRAY.
- IF YOU LOSE AN ALIGNER, CALL THE OFFICE IMMEDIATELY AND WE WILL EITHER INSTRUCT YOU TO CHANGE TO THE NEXT ALIGNER, OR REVERT TO THE PREVIOUS ALIGNER AND HAVE NEW ALIGNERS FABRICATED.
- NEVER THROW AWAY YOUR USED ALIGNERS! STORE THEM IN THEIR PACKAGE ONCE YOU MOVE ON TO THE NEXT TRAY.
- CHEWY BITE STICKS MAY BE USED FOR 15-30 MINUTES/DAY WHEN CHANGING TO NEW ALIGNERS TO HELP ENGAGE ALL TEETH AND INCREASE COMFORT.
- 24-72 HOURS OF MILD SORENESS IS NORMAL WHEN CHANGING TO NEW ALIGNERS. TEETH MAY ALSO FEEL SLIGHTLY LOOSE OR WIGGLY. THIS IS NORMAL. TYLENOL OR ADVIL MAY BE USED AS NEEDED.
- BRUSH YOUR ALIGNERS EVERYDAY WITH A COLORLESS TOOTHPASTE.
- YOU MAY ALSO SOAK YOUR ALIGNERS IN DENTURE CLEANER OR LISTERINE WHITENING RINSE FOR AN HOUR EVERY FEW DAYS IF NEEDED.
- IF YOU FEEL A ROUGH EDGE, YOU MAY USE A NAIL FILE TO BUFF THE SHARP AREA OF THE ALIGNER.

**CONGRATULATIONS ON YOUR FUTURE NEW
SMILE!**