



Congratulations on getting clear aligners/Invisalign! It's important for you to know how to properly take care of your trays throughout your entire orthodontic care. The following will help guide you and provide answers to common questions.

Here are some tips to help ensure proper use and to avoid damaging your aligners.

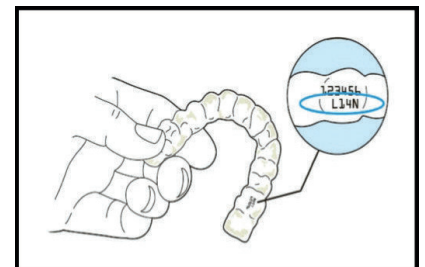
Always remember to:

- Wear your aligners as per your orthodontist's instructions — usually 20–22 hours per day.
- Wash your hands thoroughly with soap before and after handling aligners.

## Removing Your Aligners From the Bag

The printed code indicates if the aligner is for the top or bottom arches of your mouth, and the number of the aligner that you are currently on.

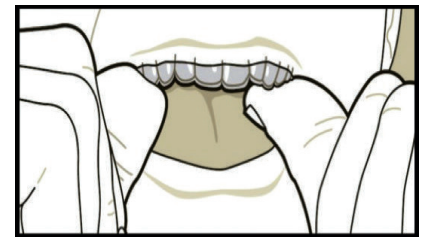
Example Shown: L = lower aligner 14 = aligner #14



## Inserting Your Aligners

It is best to handle one aligner at a time – you can start with either the top or bottom.

- Rinse the aligners when removing them from the package and each time you re-insert them.
- To insert top and bottom aligner, it is recommended to start from “**front to back**”.
- Gently push the aligner over the front teeth.
- Then, working toward the back teeth (the molars), apply equal pressure on both the left and right sides at the same time until the aligners snap into place.
- Always use the pads of your fingers to seat the aligners.
- **Do not bite your aligners into position** — this will damage them.
- Use your Chewies to complete the seating of the aligners well around your teeth.
- Position the Chewie between your teeth and bite down for about 10 seconds.
- It is ideal to start from the back teeth of one side and work toward the other side of your mouth.
- It is recommended to bite on the Chewie throughout the day, even when your aligners are already seated, to ensure they stay well fitted around your teeth.
- Notes: Chewies are reusable — wash them with mild soap and water after each use. Chewies can be replaced when they are worn away and lose their elasticity.



## Removing Your Aligners

- Starting on one side of your mouth, guide your fingertip along the inside aligner toward your molars.
- Grasp the edge of the aligner and gently pull the aligner away from your molars.



- Repeat this process on the other side of your mouth before trying to completely remove the aligner.
- DO NOT attempt to remove the aligner with only one side loosened as this can cause damage to the aligner.
- Once both sides of the aligner are loosened from the molars, slowly work your way toward the front and gently pull the aligner away from your teeth with your fingertips.



## Notes

- After removing aligners, immediately rinse with water and shake off excess water — store in the protective case provided with your starter kit.
- Do not use excessive force when removing aligners — this may bend or twist your aligners.
- Do not use sharp objects to remove your aligners — this may damage your aligners.
- Wear aligners according to your orthodontist's instructions: usually 20–22 hours per day.
- Wash hands thoroughly with soap and water before and after handling aligners.
- Aligners should be cleaned every day, morning and night.
  - Rinse and use a toothbrush to gently clean the aligners along the outside and inside of the trays with cold running water and liquid hand soap.
  - Do not use hot water to rinse/wash your aligners — this will damage the trays.
  - Do not use toothpaste on your aligners, as it may cause your aligners to become cloudy and dull.
- Always store aligners in the blue case when they are not being worn.
  - Always rinse aligners, shake off excess, and store aligners in your case.
  - Keep your storage case with you at all times.
  - Do not wrap aligners in a tissue or place them in your pocket — they can easily be thrown out or break.
- As you progress to each new set of aligners:
  - Store the recently completed set of aligners in the red case.
  - It is recommended to store, at a minimum, the previous two old sets of aligners in their corresponding Invisalign bags until treatment is complete.
  - These previously completed aligners may be needed in cases of emergencies such as a broken aligner and/or a missing/broken attachment.

## Ensuring Proper Oral Hygiene

Aligners are removed when eating, drinking, and/or brushing and flossing your teeth.



- **Eating and Drinking**

- We recommend removing aligners when you eat and/or drink, as sugar and acid become trapped between the aligners and your teeth, possibly causing tooth staining/decay or discolouration of your aligners.
- Hot drinks can warp aligners, altering their fit and effectiveness.

- **Brushing and Flossing**

- Consistently brush and floss your teeth after each meal, snack, or beverage prior to re-inserting your aligners.
- When you cannot readily access your oral hygiene aids, rinse your mouth and aligners with water. At your earliest convenience, brush and floss your teeth.

## Adjusting to Your Aligners

- **Speech** – Some patients may experience a period of adjustment with their speech.
  - For those that do, your speech will be altered, and you will produce extra saliva.
  - With time and practice, your speech and the amount of saliva your mouth produces will go back to normal.
  - The more you wear your aligners, the quicker it will feel normal again.
- **Discomfort**
  - Most patients will experience some soreness for a day or two after starting each new set of aligners.
  - The reason is that the new aligner will fit along your teeth slightly differently from the previous one to gradually improve alignment.
  - If needed, you may take an anti-inflammatory medication such as ibuprofen or a pain reliever such as acetaminophen.

## Experiencing Orthodontic Occurrences

- **Lost or Broken Aligner**
  - Immediately inform our team should you lose or break your aligners. The following will likely be recommended:
    - If the tray has been worn for less than 7 days — immediately go back to the previous set of aligners; a new set of aligners will be ordered.
    - If the tray has been worn for more than 7 days — immediately go to the next set of aligners; if aligners fit, they will likely feel tight and cause discomfort/tenderness.
    - If the previous or next set of aligners do not fit, do NOT force the aligners along the teeth — come in to the office for further evaluation. Remember to always bring both your previous and next sets of aligners to this appointment.
- **Lost or Broken Attachment and/or Button**
  - Immediately inform our team to have the attachment/button replaced.