



## Invisalign: Initial visit Post Op Care

You have just started your Invisalign treatment to improve your smile and dental health. Congratulations.

Follow these simple guidelines to ensure your treatment proceeds smoothly.

1. You may have had “buttons” or other “attachments” placed on your teeth as part of your Invisalign therapy. These will feel a little bumpy when your aligners are out. If these buttons get loose let us know. We will re-attach them as necessary.
2. You need to wear your aligners 20-22 hours per day. This means almost all day long. Not wearing them for this amount of time will cause problems with your therapy.
3. Remove your aligners when you want to eat, drink or brush your teeth.
4. After eating, rinse out your mouth really well then place your aligners back in. If you feel there is food stuck between your teeth, brush and floss first.
5. Brush and floss thoroughly every night before placing your aligners in. Also, use fluoride to keep your teeth strong and less likely to develop cavities.
6. Place your aligners inside the special storage cases you have been given. This will make it less likely to lose/misplace your aligners. If you lose or otherwise damage your aligners call us for further instructions.
7. Keep your aligners away from pets, especially dogs. They will destroy your aligners for sure. Should this happen call us for further instructions.
8. Always keep your previous set of aligners ‘til given the next set of aligners. For example, if you are on set #2, you should still have set #1. When you move to set #3, dispose of #1, but hang on to #2. You have been given 2 storage cases. Use one for your previous aligner and one for your current aligner.
9. You may drink only water when your aligners are in. Do not drink anything else as you might get cavities or get staining on your teeth while your aligners are in.
10. Brush, floss and use fluoride as instructed.