



Invisalign: Monthly checks Post Op Care

You will be seen usually once a month during your Invisalign therapy. Please follow these instructions to make your treatment proceed smoothly.

1. Wear your aligners as instructed. You need to wear them 20-22 hours/day to ensure your teeth move as planned.
2. If your aligner feels sharp to your tongue or your cheeks let us know. We can trim them and show you as well how to do it.
3. Store your aligners in their special carrying case. This will prevent you from accidentally losing/misplacing your aligner.
4. You will usually receive 2 or more aligners. Switch to the next set on the date written on the bag.
5. Do not postpone scheduling your follow-up visits. Doing so increases your treatment time.
6. Practice extra good hygiene.
7. Call us with any questions.