

# Invisalign (Clear Aligners) – Care & Wear Instructions

## Initial Instructions

### 1. Wear Time

- Wear aligners **22 hours per day**, removing only to eat, drink (except water), brush, and floss.
- Failure to wear them as instructed will delay treatment.

### 2. Changing Aligners

- Change to the next set as directed ( every week).
  - Follow our schedule carefully—do not skip aligners.
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## Cleaning and Care

- **Rinse aligners** every time you remove them.
  - Clean daily with a soft toothbrush and clear antibacterial soap or aligner cleaner.
  - **Do not** use hot water—it can warp the plastic.
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## Eating and Drinking

- Remove aligners for all meals and beverages except water.
  - Brush teeth before reinserting to avoid trapping food and sugar.
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## Oral Hygiene

- Brush and floss at least twice daily.
  - Clean aligners and your teeth before reinsertion every time.
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## Call Us If:

- You lose or damage an aligner
- Aligners don't fit properly or feel painful
- You forget to change to the next tray on schedule