

YOUR INVISALIGN JOURNEY BEGINS...

Invisalign straightens your teeth using sets of custom made aligners created specifically for you. Your teeth will gradually and gently be moved into place with a series of smooth, comfortable, and virtually invisible plastic trays.

Follow these instructions to get the best results with your Invisalign aligners:

TWENTY-TWO HOURS

Aligners should be worn for 22 hours a day in consecutive order. Only take aligners out to eat and brush your teeth.

TWO WEEKS

Each tray is to be worn for 2 weeks. It is normal for the trays to feel a little loose by the end of two weeks. Keep all of your trays until you are finished with your entire Invisalign treatment.

APPLYING YOUR ALIGNERS

Line up your front teeth with the front teeth of the aligners and push them on then work your way towards the back. Use the chewies to make sure the trays are seated all the way.

REMOVING YOUR ALIGNERS

Begin in the back find a ledge of the aligner and work your way towards the front and around. Trying to remove too large of a section at once can crack the tray.

CLEANING YOUR ALIGNERS

Use your toothbrush and toothpaste to clean your trays. Brush your teeth and your trays each time you:

- Take them out to eat
- Wake up in the morning
- Before you go to bed at night

Do not soak the aligners in mouthwash.

STORING YOUR ALIGNERS

You have received two cases for your trays: a red one and a blue one. When you take out your trays, ALWAYS place them directly into the **blue case**. This ensures that the trays stay safe and do not get thrown away or otherwise broken/torn.

The **red case** is for your previous trays, once you have moved to your next trays place your old trays in the red case.

REPLACING BROKEN/LOST ALIGNERS

If you lose or break your current trays, go back to the previous set of trays and give our office a call. The doctor will determine if we need to order more trays for you or if you can move on to the next tray. The trays are \$25 dollars a piece to replace.

ATTACHMENTS

Attachments aid in the correction of your teeth. They are small tooth colored buttons that will be bonded onto your teeth. They will help the trays snap into place and also help move your teeth the way we want them to. We will remove the attachments at the end of the course.



EATING/DRINKING

Do not eat with trays in.

You can drink liquids with a straw while wearing the trays.

You should avoid dark/staining liquids as they can stain the trays.



PETS

Pets love to chew on the trays, be sure to keep them out of reach.

The best way to ensure your trays don't become chew toys is to place them immediately into the blue case after removing them from your mouth.



CONSULTANTS IN DENTAL AESTHETICS



Interested in documenting your Invisalign journey?
E-mail info@HoustonSmileSpa.com for more information.

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@ConsultantsInDentalAesthetics