

INVISALIGN

Instructions & Care

- Wear your aligners 20-22 hours per day – this is critical to ensure excellent results.
- Discomfort is normal for the first few days. You may take Advil or Tylenol as needed. We recommend switching trays just before bed so you can sleep through the initial discomfort.
 - As teeth are moving, your bite will feel different. It is part of the process.
 - Teeth may become slightly “loose” during treatment. This is completely normal and will stabilize after treatment.
 - Keep aligners away from pets, warm places, and napkins!
- Always save your previous set of aligners in case you lose, break or misplace your current aligners.
 - If you lose, break or misplace your aligners call the office asap so we can order another set. We may have you jump to the next set of aligners or fall back to the previous set.
- It’s common to have heavier contact on the front teeth right after treatment is over. This is temporary and your new bite will settle and feel normal after tapering from full time wear.
- Use warm water (not hot) and a separate toothbrush to brush aligners with soap & water or mouthwash. Don’t soak aligners in the mouthwash. You can also use denture cleaner 1-2 times a week to help keep them fresh.
- Please continue to see your general dentist for routine care during your Invisalign treatment.
- Our team here at Mack and Hansen Orthodontics is here for you throughout your treatment. Please let us know if we can be of assistance.