

Your *Invisalign*® aligners

How to insert, remove, clean and store your aligners, in simple steps.

Wear them almost all day

Wear your aligners for about **22 hours a day**, including at night. Only take them out to eat, to drink anything other than cold water, and to brush your teeth.

Inserting

1. Wash your hands and the aligners.
2. Fit the aligner over your front teeth.
3. Press gently with your fingertips over your back teeth until it clicks into place.

Do not bite them into place: this can damage them.

Removing

1. Start at the back teeth on one side.
2. Ease the aligner off with your fingertips, then the other side.
3. Carefully remove it from the front.

Avoid sharp objects to remove them.

Eating and drinking

Take your aligners out to eat and to drink anything other than cold water. Before putting them back, **brush your teeth** so no food gets trapped.

Cleaning

- Clean them morning and night.
- Brush them with a soft toothbrush and rinse in cold or lukewarm water.
- Do not use hot water: it warps the plastic.
- Avoid abrasive toothpaste, which scratches them and makes them less clear.

Storing

Whenever you are not wearing them, keep them **in their case**. An aligner wrapped in a napkin is easily lost.

Changing aligners

Move to the next aligner on the date your dentist gave you, in numbered order. **Keep the previous aligner** in its case: it can help if you lose or break the current one.

If something is not right

If an aligner breaks or gets lost, or you feel unusual pain, contact the clinic.

Simplified guide based on the Invisalign® aligner instructions for use. Always follow your dentist's advice.

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