

## **Invisalign Instructions**



### **What Invisalign does:**

1. Invisalign improves the alignment of the teeth and bite.
2. It is a comprehensive, esthetic substitute for braces.
3. Prevents premature tooth wear from grinding or clenching teeth while sleeping.

### **Important Considerations:**

1. Wear aligners full-time, except while eating, drinking or playing sports as prescribed
2. Place aligners in the case provided when not in your mouth.
3. Always keep your previous aligner. For example, if you are on aligner #4, keep #3. This serves as a good back-up to hold your teeth in position should you lose your current aligner.
4. Let us know immediately if aligners are lost, broken or do not fit properly.
5. Use a toothbrush, water and dish soap to clean aligners. Avoid using toothpaste as it can make aligners cloudy.
6. Use denture cleaning tablets if needed to disinfect aligners as needed (typically once every 2 weeks).
7. Keep aligners away from extreme temperatures.
8. Keep aligners away from pets (dogs love to chew aligners).
9. If an attachment comes off, it is not an emergency and can be assessed for replacement at your next appointment.

### **Advantages to Invisalign:**

1. They are nearly invisible and do an outstanding job of aligning your teeth and bite
2. No emergency appointments
3. There are no dietary restrictions while in treatment
4. Aligners are both comfortable and esthetic

**We are here to help you! Call us at 610-615-3166 with any questions- we would love to assist you!**

*“The path we take together is just as important as the final result”*  
*DCO Orthodontic Specialists*