

Clear Correct "Invisible Braces" Patient Instructions

Aligners should be:

Worn at all times except when eating brushing and flossing- at least 22 hours per day or 300 hours per aligner.

Cleaned gently with a toothbrush whenever they are removed if they need it.

Stored in the blue retainer case when they are not being worn. (Never wrap them in a paper towel or tissue- they tend to get thrown out.)

Kept away from boiling water, bleach, and other extreme cleansers.

Store all new and used aligners in a cool dry place. **Bring all used aligners with you on your recall visits.**

Note: If one of the composite attachments breaks off on its own, get it replaced (rebonded) immediately.

Wearing Aligner Instructions:

Clench into the aligners frequently to assure seating pressure and tooth moving pressure.

Aligners can be worn longer than 2 weeks if they seat poorly or if the teeth do not look as straight in the mouth as in the aligner setup.

If there appears to be an air gap between the aligner and the biting edge of any tooth, clench into the aligner more and wear it longer.

At the end of 2-3 weeks, before placing a new aligner, mark the plastic bumps (attachments) on your teeth with a pencil and try the current aligners in. If the pencil marks show through the bumps in the aligner exactly, then you are ready to move on to the next aligner.

Aligners should feel "loose and comfortable" before moving on to the next aligner.

Changing Aligners:

After a period of 2-3 weeks, provided there are no air-gaps between the aligner and your teeth, you should take out your aligners and put them into the original packing case to be saved. You can now wear the next stage of aligners.

After an additional 2-3 weeks, the next set of aligners should be put in the original packing case and stored along with the earlier sets.

Bring these previously worn aligners to your checkup visits so they can be back-tracked if necessary or discarded if unnecessary.

Invisalign Patient Requirements

Aligners must be worn 22 hours a day, minimum, except when eating, drinking, brushing or flossing (or getting your teeth cleaned at the office!-). Please wear them full time, day and night.

Tooth colored or clear attachment buttons attached to your teeth are essential to aid the aligners in moving your teeth properly. You can hardly see them.

It is critical that you follow instructions on wearing the aligners (inserting and removing), cleaning aligners, and proper oral hygiene covered in the Use and Care Instructions included in the Patient Starter Kit.

Always store your aligners in their case.

Because the aligners are designed to sequentially move your teeth, it is very important to wear each aligner in the order prescribed. Usually you will wear each aligner in the series for about two weeks. Do not wear aligners out of order.

Keep your scheduled appointments – this is the only way we can be sure that your treatment is progressing as planned.

Additional aligners may be needed at the end of your treatment in order to completely finish your treatment. This is normal.

Please don't hesitate to call our office at 281-363-1571 if you should have any questions or problems with your aligners. If you lose an aligner, it will cost \$50.00 for replacement, the charge to us from Invisalign.