

Congratulations on Starting Invisalign® Treatment!



In your initial Invisalign kit, you'll find your aligners, two cases, chewies and a file. You are responsible for changing out your trays and replacing them with the next set of aligners as directed by the doctor. It's imperative to keep on track with changing your aligners, wearing them for the correct length of time and keeping them clean.

COMPLIANCE IS ESSENTIAL

Invisalign aligners must be worn at least **22 hours** each day to achieve full correction. You should only take your aligners out to eat, drink anything other than water and to brush and floss.

SOME SORENESS EXPECTED

When you wear your first aligners and progress to the next sets, you'll feel a slight pressure from the aligners moving your teeth. Your teeth and jaw may be tender for the first few days after changing trays. This is normal and should subside. During this time, it's okay to take Motrin or Tylenol (or whatever you use for a headache) to reduce the discomfort.

SOUND MIND,
BODY AND *Smile*



CLEANING ALIGNERS PROPERLY

- Brush your aligners each morning and night with a toothbrush and toothpaste. For an extra deep clean, try over the counter denture cleaners like Efferdent.
- Never use hot water to clean your aligners and keep them away from any hot liquid as heat can distort the aligner.

ONLY DRINK WATER WITH ALIGNERS IN

Water is the only drink you should have when your aligners are in. Drinking anything aside from water, especially dark liquids like soda or coffee, can potentially stain your trays. The liquid can also sit in your trays creating an environment for cavities.

Good luck with your Invisalign treatment!

Call our office with any questions. You can also visit us online at www.soundsmile.com for more information regarding Invisalign.



SoundSmile.com

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