

# Invisalign: Aligner Protocol

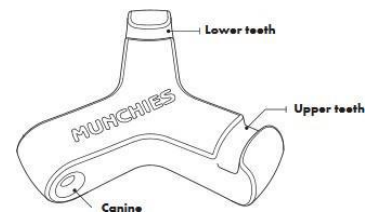
## How long do you wear your aligners?

- Your Invisalign Aligners **MUST** be worn at a minimum of 22-23hrs a day.
- Switch aligners on the dates provided to you on your aligner bags. Though your teeth may feel “ready” for the next tray, you must allow the **MAXIMUM** amount of time needed so that each aligner is able to fully express movements programmed during each stage.
- As you wear the aligners for long durations of time they will start out more rigid and with time they will fatigue: this can lead to small flecks of tray material coming off the surfaces of the tray. This is not an emergency as this is normal- depending on how hard you clench or grind.

## How do I make sure my aligners are fully seated?

Since each aligner within your treatment has incremental movements programmed, you must ensure that you are doing your part in using the aligner seating aids.

- Chewies (Day use): following every removal of the trays use your chewie to bite your aligners into place, rotating the chewie following every bite.
- Munchies (Night use): About 5-6 minutes every night.
  - Concentrating on the front 6 top teeth and front 6 bottom teeth.
  - Use the round depression to hug the tips of your canines (“eye teeth”)
  - Use the larger slot to hug the edges of incisors.
  - Use the smaller slot to hug the edges of lower incisors.
  - Bite and hold on each tooth for about 30 seconds.



## Eating & Drinking

Eating and drinking within the aligners is fine, as well as encouraged. Immediately after the meal. Please take the time to brush your teeth and aligners. If time is limited in the middle of the day feel free to rinse with water and replace aligners.

## Soreness

Soreness is a normal occurrence with Invisalign treatment. If you develop sores of your lips/cheeks or gums rinse with salt water 3x daily to aid in the healing process. If you are inclined to medicate with over the counter medications **Tylenol** is best during Invisalign treatment. Please avoid the use of non-steroidal anti-inflammatory medications (Aleve/Ibuprofen/Naproxen). **\*\*If you cannot tolerate Tylenol please contact our office.\*\***

## Cleaning Aligners

Invisalign Aligners should be cleaned using a toothbrush and toothpaste. When stains and build up develop you may also use a denture cleaner, retainer cleaner “KLEENITE,” or a dilution of 1:10 white vinegar and water. Kleenite is available on Amazon for your convenience.

## Lost Trays

In the event of a lost aligner, contact our office immediately. If replacement aligners are needed, a **\$75 fee** will be charged per Aligner.



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