

Caring for Your Invisalign Aligners

Your aligners only work when you wear them, so these habits make the difference between staying on schedule and falling behind.

Every day

- Wear your aligners all the time, except when you eat, brush, floss, or drink something warm like coffee or tea.
- Put them in with your fingers: front teeth first, then press down gently over your back teeth. They should sit all the way down with no gap. Never bite them into place.
- To take them out, ease them off both back sides at the same time, then lift them off your front teeth.
- Clean them with a toothbrush and toothpaste, and keep them in their case whenever they're out.

Following your schedule

- Wear each set for two weeks unless we tell you otherwise. A new set feels snug at first and loosens up by the end.
- Go in number order. Each aligner is marked with its number and U for upper or L for lower.
- Keep your old aligners and bring them to your check-ins.

What to avoid

- Don't wrap them in a napkin or tissue. That's the most common way aligners end up in the trash.
- Keep them away from pets, who love to chew them.
- Don't use hot water, denture cleaner, alcohol or bleach on them.
- Don't chew gum or smoke with them in.

If something goes wrong

- If one of the small tooth-colored bumps (attachments) comes off, call us so we can decide whether you need to come in early.
- If you lose an aligner, move to your next set if you have it. If you don't, go back to the previous one, and call us. Wearing a tray keeps your teeth from shifting. A replacement may carry a fee.

Call us with any questions about fit or your schedule. 845-358-5110

For a serious or life-threatening emergency, call 911 or go to the nearest emergency room.

This is general advice only. Please contact your doctor directly if you need specific care instructions.

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