

PETTY & DRAGSTREM

ORTHODONTICS

invisalign

- Wear your aligners for at least 22 hours/day except when eating or brushing your teeth.
- Change your aligners every 1-2 weeks, as instructed by the doctor. If you miss a full day, add one day onto the duration for that tray.
- You may keep aligners in your mouth when drinking cool (not HOT) colorless, sugar-free liquids.
- IF you lose an aligner, call the office immediately and we will either instruct you to change to the next aligner, or revert to the previous aligner and have new aligners fabricated.
- Never throw away an old aligner. Store them in their packet so that if we needed to return to them you have them!
- Chewy bite sticks may be used when seating aligners to help engage all teeth and increase comfort (keep them in your case).
- 24-72 hours of mild soreness is normal when changing to new aligners. Teeth may also feel slightly loose or wiggly. This is normal. Tylenol or Advil may be used as needed.
- Brush inside and outside of your aligners everyday with a colorless toothpaste or dish soap and toothbrush.
- You may also soak your aligners in retainer brite solution (soak trays: 1/2 tablet with cup of warm water 15-20 minutes as needed)
- If you feel a rough edge, you may use a nail file to buff the sharp area of the aligner.
- Continue brushing and flossing habits as normal and remember to schedule your 6 month cleanings with your dentist!