Clear Aligner Instructions

Change Aligners every _____ weeks/days.
# of Attachments ___ Check every day.

1) **Wear the aligners full time a minimum of 22 hrs/dy. The aligners should not be out more than 2 hours/day.** Take aligners out only to brush, floss, eat and drink (only drink water with them in).

2) When you begin wearing a new set, they may not fit quite like you think they should. This is normal. Use **aligner chewies EVERY DAY throughout your ENTIRE treatment to help the fitting of the aligners**. (Chew for 5-10 minutes the first 1-2 days. Then for about 15-30 seconds every time the aligners are placed aligners back into your mouth.) It is **important that the aligners fit well before you switch to a new set. If the aligners do not fit well, then do not switch** to a new aligner. There should be **no gap** between the tooth and the aligner. Call our office to schedule an appointment with Dr. Durrett if the aligners are not fitting well.

3) **Switch to the next aligner at night before bedtime.** Before putting a new set of aligners make sure to **rinse** them. **Changing aligners at night**, allows easier removal in the morning and minimizes any discomfort that you may have.

4) **Check attachments daily**. **You have _____ attachments**. If an attachment comes off or partially breaks off a tooth, **do not** switch to a new aligner. Call the office to replace attachment first before switching.

5) If you **lose the aligner** you are wearing, then start wearing the next aligner even if you are not due to switch to the next aligner. If you don't have the next aligner then go back to the previous aligner.

6) **Do not throw any of your aligners away. Bring at least your last 3 sets with you to every appointment**. If you finish the last aligner that was given to you before you have your next appt, continue to wear the last aligner until your next appointment.

7) Occasionally you may have a **sharp edge on an aligner**. You may use an emery board or sandpaper to smooth it.

8) **Cleaning aligners**: brush aligners daily with mild soap. Soak weekly or more often in denture cleaner, white vinegar or Steraligner. Do not use mouthwash since it can discolor aligners.

9) If you have any kind of **pets, KEEP THEM IN THE CASE AND OUT OF THE PET'S REACH**. They love the smell of your saliva!!!!!!!!!!!!

10) If the aligners are not in your mouth they should be in the **CASE** to avoid loss or breakage. Always keep a **CHEWY** in your case.

I have read and fully understand my responsibility to follow ALL instructions listed above throughout the ENTIRE course of my treatment, and failure to follow ALL instructions will result in the teeth not moving into the desired position. I accept full responsibility for a poor outcome if I do not follow all of the instructions.

Patient/Parent Signature_____ Date_____

Print Patient Name_____ Date of Birth_____

When Placing and Removing aligner trays in your mouth you need to follow these simple steps

Placement:

1) Figure out which tray is upper, and which is lower. Upper tray #1 will be labeled U01. Lower tray #1 will be labeled L01. Tray #2 will be U02 and L02, and so on.
2) Align your upper tray with your front teeth.
3) To seat tray, start pushing upper tray on from the canine area with both thumbs.
4) Inch your way back towards your molars with both thumbs pushing towards the teeth.
5) At this point your tray should be on your teeth.
6) Repeat for the lower. Don't bite your trays into place with your teeth.
7) USE YOUR CHEWIES! 😊

Removal:

1) Don't pull from one side ripping trays out of the mouth as this can cause tears in aligner trays.
2) Don't pull from the front teeth of the aligners because it can cause the tray to be distorted.
3) Upper:
    a. Always remove aligners from TONGUE SIDE
    b. First, loosen or pop trays out from molar areas.
    c. Use opposite hand in the mouth.
    d. Use Right Pointer finger to left molar, near the back corner to loosen tray from left side, then loosen the other side using left pointer finger to right molar.
    e. Once the back is loose on both sides, remove tray with both hands from canine area.
4) Lower:
    a. Always remove aligners from TONGUE SIDE
    b. Same finger same side. Left pointer finger to left molar. Right pointer finger to right molar. Loosen lower tray from molar area.
    c. Then pull out of mouth from canine area with both hands.

Please read the below statement carefully.

Invisalign sets an expiration date for all cases submitted. This expiration date is not determined by our office. The expiration date set by Invisalign means they will no longer allow us to order additional aligners as needed to fine tune the position of teeth after the initial sets of aligners we have already received.
The expiration date on your Invisalign is _____, which means if you need extra trays after that date then there **will be extra fees**.

Therefore, it is important that you stay on target with not only switching of aligners but also coming to orthodontic appointments at the recommended intervals.

I have read and understand the above-described statement.

Patient/Parent signature: _____ Date: _____

Print Patient Name_____ Date of Birth: _____