Great Park Dental

22 Odyssey, Suite 220 Irvine, CA 92618   (949) 679-0043

Invisalign Aligners Use & Care Instructions

Wearing and using your aligners

- Always remember to wash your hands thoroughly with soap and water before handling aligners
- Gently push the aligner into place, do not bite your aligners into positions as this may damage them
- To remove your aligners, use your fingers, starting on one side at the molars and slowly work your way around to the other side gently. After removal, rinse immediately with water, shake off excess, and store your aligners in the protective case provided to you.

Note: Use care in removing aligners, particularly if multiple attachments are being used. Do not use excessive force to bend or twist an aligner to get it off. Call our office if your aligners are difficult to remove.

Daily care and maintenance of aligners

- Always clean your aligners prior to insertion with a soft toothbrush and a small amount of toothpaste. Rinse thoroughly with water. DO NOT use denture cleaners or soak in mouthwash. These products can damage the surface of the aligner, causing them to become dull and more visible.
- Proper oral hygiene is a must. Always remove your aligners for eating or drinking except for drinking water only. Brush and floss your teeth after each meal or snack prior to re-inserting your aligners. Regular hygiene appointments are recommended for continued health of the tissue and gums.

Storing your aligners

- Two aligner cases are included in your starter kit. We recommend storing your aligners in the case when not in your mouth, as this will protect them from damage or loss. Designate the blue case for your current aligner and when it is time to switch to the new aligner, transfer the aligner you are replacing to the red case. Please keep past aligners in a clean plastic bag.
- If your current aligner is lost or broken, call our office for instructions. You may be instructed to return to the previous aligner until a new one can be made.