



## Clear Aligner Therapy Instructions

### How and When to Wear

1. Clear aligner therapy ONLY works when you are wearing them. **Aligners should be worn 20-22 hours per day for a minimum of 1 week.** Aligners should only be removed to eat and brush.
2. Wear each aligner for a **MINIMUM of one week**, or as directed by the Doctor. It is very important that you never go to the next aligner in less than the directed time. Even though it may seem that the current aligner is loose and no longer moving your teeth, it may take longer for the roots to catch up with the crown of the tooth.
3. **If you lose an aligner, call the doctor right away and wear you previous aligner if available.**

### Insertion and Removal

1. When inserting, gently push the aligners over your front teeth. Then apply pressure to the tops of the left and right molars until they snap into place.
2. Make sure each aligner is ALL THE WAY DOWN and fully seated. **You should not see any space between the edge of the tooth and the edge of the aligner.** If the aligner is not fully in place, the teeth will not move properly and the next aligner will be further off. This can waste many weeks of treatment and even cause starting over with possible extra fees.
3. To remove the aligners, pull off equally on both sides of the back teeth first, and then gently lift off the front teeth. To prevent damage, avoid unnecessary removal. Do NOT use sharp objects to remove your aligners.

### Care of Aligners

1. Aligners can be kept clean with cold water and a toothbrush
2. Never use denture cleaner or soak in alcohol, mouth wash or bleach, as they will be damaged.

### Other Questions

1. Oral Hygiene: Brush and floss normally with the aligners out. Try to brush after eating and before re-inserting aligners.
2. Eating: There are no food restrictions with Invisalign, however, aligners must ALWAYS be removed when eating. Gum should NOT be chewed while wearing aligners.
3. Drinking: Except for cold or room temperature water, always remove aligners while drinking anything.
4. If you have any trouble with your treatment, please call the office.

GOOD FIT

**EXCELLENT TRACKING**



GOOD FIT

**GOOD TRACKING:**  
Use Chewie in affected areas



**PROBLEM TRACKING:**  
Use Chewie if no improvement call office



**POOR TRACKING:**  
Return to best fitting aligner, use chewie, if no improvement call office



POOR FIT

POOR FIT

If the aligner doesn't fit well, there could be a "tracking issue".

- **Tracking:** Refers to the fit of the aligner on the teeth
- **Tracking issue:** Means the teeth are not moving or 'tracking' along with your Invisalign.

Tracking issues can be related to lack of patient compliance or proper monitoring of the tray/aligner fit. If you are noticing your trays/aligners are not fitting correctly stop the tray/aligner progression and use the green chewies to help correct the engagement of the attachment into the tray/ aligner. Once proper engagement is achieved it is then ok to proceed to the next tray/aligner.