



Amherst Orthodontics

Patient Use & Care Instructions for Invisalign Aligners

Our team is dedicated to providing exceptional patient care. Here are some tips to help ensure proper use and to avoid damaging your aligners. Please remember to keep all your aligners and to bring them with you to all your appointments.

Aligner Insertion:

- *Check your aligner number before inserting it into your mouth.*
- *Wash your hands with soap and water.*
- *Brush your teeth and aligners before inserting them.*
- *When inserting each aligner, gently push the aligners over the teeth. Then apply equal pressure, using your fingertips, to the tops of your left and right molars until the aligner snaps into place.*
- *DO NOT BITE your aligners into position. This may damage them.*
- *Use the straws provided for a minimum of 10 minutes every day to help fully seat the aligner and stimulate blood flow, which helps treatment progress more efficiently.*

Aligner Removal:

- *Using your fingers, start on the inside at the molars and slowly work your way around to the other side, gently pulling down to remove the aligner.*
- *Rinse aligner with cold water only (never hot, this will melt the aligner), shake off excess water and store your aligners in the case provided.*
- *DO NOT USE excessive force to remove the aligners, particularly if multiple attachments are being used.*

Daily Care and Maintenance of your Aligners:

- *Clean your aligners prior to each insertion with a soft bristled toothbrush and cold water.*
- *DO NOT USE denture cleaner to clean aligners, as it dulls the surface and makes them less clear.*

Proper Oral Hygiene:

- *Remove your aligners for eating and drinking, except when drinking water only. Do not drink sugary liquids (soda, juices, etc.) with your aligners in.*
- *Brush and floss after each meal or snack prior to re-inserting.*
- *Regular dental check ups and cleanings are recommended. Make sure you tell your dentist & hygienist not to touch the attachments on your teeth.*