



Orthodontic  
Specialists  
of St. Louis

## Invisalign Instructions:

- Wear aligners 1 week per aligner (unless told otherwise)
- IMPORTANT: Aligners need to be worn a minimum of 22 hours a day and 7 days a week to work properly, **otherwise we may have to switch to braces for ideal results**
- “Chewies” will be given to bite aligners into place. Molding of attachments with your fingers is important which consists of rubbing your fingers around the attachments to make sure the aligner is “molded” around the attachments
- Only drink water with aligners in, limit colored drinks
- No eating with aligners in
- Brush before putting aligners back in
- You can brush aligners with water and liquid soap only, NO toothpaste, because it will discolor the aligners
- If desired, you can rinse the aligners with mouthwash or soak them in RetainerBrite to clean and disinfect
- If aligners are not tracking, you may need to wear them a few extra days until tracking better (do not rush through)
- Rubber bands (elastics) if applicable, will need to be worn full time 20-22 hours a day. Change the elastics 3-4 times a day
- If an attachment comes off, please call the office and let us know
- If a rough spot is causing a sore, try to smooth the aligner with a **CLEAN** nail file. If it is still not comfortable, call our office so we can help
- Keep all aligners clean/dry and put them back into original bags
- Take Tylenol or Ibuprofen as needed for soreness
- Feel free to call our office with any questions or concerns