

How to take care of your Invisalign

- Your Invisalign should be worn for a **minimum of 22 hours a day**. They should only be taken out when you're eating, drinking or brushing your teeth.
- Check the attachments on your teeth and compare them to the bumps on your trays to assure all attachments are in place.
- Trays should be changed every ____ week.
- When cleaning your trays, use warm water, soap and a toothbrush. Do not use toothpaste. Toothpaste can scratch up your trays and make them cloudy. You may also purchase *Retainer Brite* at the office to help keep trays clean and sanitized.
- DO NOT soak trays in mouthwash; they can become discolored and brittle.
- If you should have any irritation or rough areas with your trays, you may use a nail file to help smooth out the area at home or you can call the office to make an appointment and we will be happy to adjust the trays as needed.
- When trays are not being worn, they need to be in a case. **Do not set them down anywhere, place in a napkin, pocket or purse.**
- If you have animals or small children at home, make sure to keep out of reach. If not taken care of properly, they can get distorted.
- **Please keep previous trays just in case you were to lose current trays.**
 - If you do lose them → 1) Wear previous trays until you can be seen by Dr. 2) Call us ASAP to let us know and schedule appointment.

If any questions or concerns, please feel free to contact us at

(512) 258-9007