



everlastingSmile

# Home Instructions for Invisalign

- Today you are wearing your Trial Aligner
- Always remember to wear your aligners 20-22 hours per day with removal only for meals and oral hygiene.
- Rinse your aligners when removing them from the package. Make sure you have the proper aligner – the upper for your top teeth and the lower for your bottom. Also, make sure they are the correct number in the sequence. Each aligner is engraved with a “U” for upper and “L” for lower with the number tray.
- When inserting the aligners, gently push the aligner over your front teeth. Then apply equal pressure, using your fingertips, to the tops of your left and right molars (back teeth) until the aligner snaps into place. Do not bite the aligners into position.
- To remove the aligners, use your fingertip on the inside of your back molar to slowly pull the aligner from your molars. Repeat this process on the other side of mouth. Once aligner is disengaged from both sides of your mouth, you should be able to slowly work your way forward gently prying the aligner away from your teeth with your fingertips.
- Keep away from heat, even very warm water could distort the aligners.
- Immediately rinse aligner with water, shake off excess water, and store aligners in the protective case provided with your starter kit. Remember blue=new/current, red=old.
- Do not use denture cleaners or mouthwash to clean or soak aligners. Please use crystals provided by the doctor as needed. Do clean your aligners prior to each insertion using a soft bristle toothbrush with water and a small amount of toothpaste. Be sure to rinse each aligner thoroughly with water after each cleaning.
- Upon initial insertion of aligners, some discomfort is to be expected. Please take 600mg of Ibuprofen, 1 hour, prior to insertion. The soreness should gradually decrease within a couple days after insertion of the new aligner.
- Your speech may initially be affected by the aligners. As the tongue gets used to having the aligners in place, this should disappear.
- If an aligner is not fitting properly, please call the office ASAP. If one of the attachments should come off, please call the office. If you lose an aligner, please call the office ASAP.

**Andrew L. Reingold, D.M.D.**

General and Cosmetic Dentistry

59 East 54<sup>th</sup> Street, Suite 21, New York, NY 10022 - Tel: 212.724.4669 – [www.everlastingSmile.com](http://www.everlastingSmile.com)