

Invisalign® Care

1. Aligners are only out of your mouth when brushing/flossing, eating, and drinking anything except for water. Compliance is key! Trays should be worn for about 22 hours a day.
2. If your aligners are out for several hours, you may need to extend the number of days you wear your current set of aligners.
3. Save the last set of aligners you just wore. In case you lose a set, let us know right away and start wearing your previous set. Invisalign® charges \$150 to replace a set of aligners. Do not lose it!
4. Each set of aligners is to be worn for two weeks unless Dr. Ochev tells you otherwise.
5. When putting in the aligners, place them over the front teeth first and then the back. The order is reversed when taking them out.
6. Your kit with the aligner case will have cleaning crystals. Save those for your Vivera® retainers that you will receive once you are finished with your Invisalign® treatment.
7. Your teeth may have attachments placed on them. If one comes off, just continue to wear your aligners and stick with the schedule. We will see you at your next Invisalign® appointment and replace it as needed.
8. Brush your teeth and aligners morning and evening.
9. Keep your aligners out of reach of any pets or children.

Congratulations again! We are happy to be with you on this journey! If you have any questions whatsoever about these instructions, please don't hesitate to call us at (415) 499-1717.