BANKHEAD & FIRTH
ORTHODONTICS

Clear Aligners (Invisalign)

Your aligners are a very important part of treatment. Please wear them as instructed so we can achieve the desired results.

Wear Time Instructions:

Your aligner should be worn full-time taking them out only to eat and brush. However, you will need to take them out for hot drinks, such as coffee and hot chocolate. Wear your aligners for at least 22 hours of the day or else the aligners will not have enough time to move your teeth.

Care Instructions:

If your aligner is not in your mouth, it should be in a *case* to protect it. If you lose or break your aligner, there will be a fee for a replacement.

- Always remove the aligner before eating
- Brush your aligner with your toothbrush, using toothpaste or liquid antibacterial soap. You may also use a Q-tip and soapy water.
- Avoid wrapping your aligner in a napkin, because it may be thrown away (remember to use your case).
- Keep your aligner away from pets because they love to eat them!
- Do not put them in water hotter than your own hand can handle, this can cause issues with the mold. Avoid leaving them in sunlight (they may warp), and do *not* boil them.
- If your aligner is lost or broken – call us *immediately*. Teeth can shift quickly, so we need to make you a new aligner as soon as possible.
- Any fillings, crowns, or bridges will alter the tooth shape/size and the aligners may not fit. Take aligners with you to dental appointments for them to check. If we have to replace aligners due to unplanned dental work there is a fee.
- Aligners are a medical grade plastic material, yet they can break if not cared for. Be very careful when placing and removing them.

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