

Masters Dentistry Invisalign Care Instructions

Congratulations on beginning your Invisalign treatment with Masters Dentistry. You're on your way to a more confident smile. The following guidelines will help you get the best results from your treatment.

Wearing Your Aligners

Aligners should be worn for 22 hours per day.

Remove only for eating, drinking anything other than water, brushing, and flossing.

Avoid leaving aligners out for more than 30–40 minutes at a time.

Mild soreness is normal for a day or two when starting a new set. This is a sign the aligners are working.

If needed, acetaminophen (Tylenol) can be taken to relieve initial soreness. Limit use of ibuprofen or other anti-inflammatory medications, as they may slightly reduce the inflammation needed for tooth movement.

Changing Your Aligners

You will be provided a clear schedule with specific dates and instructions for when to switch to each new aligner.

We recommend switching to a new set in the evening so you can sleep through initial soreness.

Eating and Drinking

Always remove aligners when eating and store them in your case, not a napkin.

You may drink water while wearing aligners.

Avoid sugary, acidic, or hot beverages while wearing them, as this can damage your teeth or distort the aligners.

After eating, brush and floss before placing your aligners back in your mouth whenever possible.

Cleaning Your Aligners

Rinse and gently brush your aligners when you brush your teeth to keep them clean and clear.

Use Invisalign cleaning crystals or soak in hydrogen peroxide for 10–15 minutes as needed.

Do not use hot water, mouthwash, or denture cleaner.

Removing Your Aligners

1. Start from the back teeth.
2. Gently work your way forward.
3. Avoid pulling straight down or up, as this can damage the aligner.

Storing Your Aligners

Always store aligners in your case when not in use

Do not wrap them in a napkin, as they can easily be thrown away.

Do not discard your previous aligners when switching to a new set. They may be needed if your teeth are not tracking as expected.

Speech Adjustment

You may notice a slight change in speech at first. This is normal and typically resolves within a few days as you adjust.

Attachments and Concerns

If an attachment becomes loose or falls off, or if an aligner is lost or damaged, please contact Masters Dentistry so we can guide you on next steps.

If you have any questions or concerns during treatment, please contact Masters Dentistry at (586) 463-8635