



MORRISTOWN
BRACES

PATIENT CARE · GUIDE 02

Invisalign Care Guide

Wear them. Clean them. Don't lose them.

VISIT

2 Morris Ave
Morristown, NJ 07960

HOURS

Mon–Fri · 9AM–6PM
Sat · 10AM–4PM

CONTACT

(973) 998-6266
morristownbraces.com

01 · WEARING YOUR ALIGNERS

20–22 hours a day.

Remove aligners only for eating, drinking anything other than plain water, and brushing and flossing. Move to the next set every 1–2 weeks as instructed at your last appointment.

 **TIP · TIGHT IS NORMAL**

If new aligners feel tight, that's a good sign — it means they're working. The tightness will ease within 1–2 days as your teeth adjust.

02 · CLEANING YOUR ALIGNERS

Every day — four steps.

- 1 Rinse on removal.** Cold water only — never hot.
- 2 Brush gently.** Soft toothbrush with clear, unscented soap.
- 3 Rinse thoroughly.** Cool water again.
- 4 Never hot water.** It warps the plastic permanently.

WEEKLY DEEP CLEAN

Soak aligners in Invisalign cleaning crystals or unscented denture cleaner for 15 minutes once a week. Rinse thoroughly before wearing.

 **POSITIVE · BEFORE PUTTING BACK IN**

Brush and floss your teeth before putting aligners back in. Clean teeth in clean aligners means no trapped bacteria, no bad breath, and no cavities.

03 · EATING & DRINKING

Take them out for everything but plain water.

REMOVE ALIGNERS FOR

- All food and snacks
- Coffee and tea
- Soda, juice, sports drinks
- Wine and alcohol
- Any colored or hot drink

YOU CAN DRINK

Plain, cold water — with aligners in. That's it.

WHY IT MATTERS

Colored drinks stain aligners. Hot drinks warp the plastic. Sugar and acids trapped under aligners cause cavities directly on your teeth — a far worse problem than the aligners themselves.

04 · STORING YOUR ALIGNERS

Always in the case — never anywhere else.

Common mistakes that cost patients a replacement set:

NAPKIN

Wrapped in a napkin → gets thrown away at the table.

LUNCH TRAY

Left on a lunch tray → thrown in the trash with the rest.

POCKET OR BAG

Unwrapped in a pocket or bag → gets crushed.

WITHIN DOG REACH

Dogs love to chew them. This happens constantly.

HOT CAR

Warping immediately — no recovery.

ALWAYS

In the case, in a known spot, every single time.

05 · IF YOU LOSE AN ALIGNER

Call us the same day.

Call (973) 998-6266 right away. Don't wait. We'll tell you whether to:

- Wear your previous aligner temporarily while we order a replacement, or
- Move to the next aligner in your series.



POSITIVE · INVISALIGN TEEN

Invisalign Teen patients have **6 free replacement aligners** included. Contact us as soon as one is lost and we'll order a replacement immediately.

06 · TRACKING YOUR PROGRESS

The Invisalign app keeps you on track.

The Invisalign app lets you track wear time and progress between appointments. Many of your progress check-ins can be done virtually through the app — your doctor will tell you when you need to come in versus when you can check in remotely.