

# DENTAL SQUARE

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## **INVISALIGN CARE AND USE INSTRUCTIONS**

1. Remember to clean your aligners before wearing them.
2. Handle only one aligner at a time.
3. Clean both inside and outside of each aligner.
4. Use soft tooth brush and tooth paste to clean aligners.
5. Each aligner is marked by U for upper and L for lower followed by the stage number.
6. Never use denture cleaner /mouth wash on aligners.
7. Wear aligners 20 to 22hours a day.
8. Can drink cool water while wearing them.
9. If you are eating /drinking other than cool water, you need to remove them to protect from damage.
10. Drinking anything other than water while wearing invisalign can discolor your aligners.
11. Always store your aligners in a case to prevent damage.
12. When starting a new set of aligners, switch to your new set in the evening, wear for at least 12 hours straight. If there is discomfort, take over the counter pain reliever.
13. With new aligner ou might have tenderness for 2-4 days. This is when movement is occurring.
14. You can store recently used aligners in the red case as a backup.
15. Aligners are \$150 a pair, \$75 each upper or lower to replace. So, please use your retainer cases!!!
16. With all the hard work and dedication, it will all be worth it!!!!
17. Our team is here to serve you.