



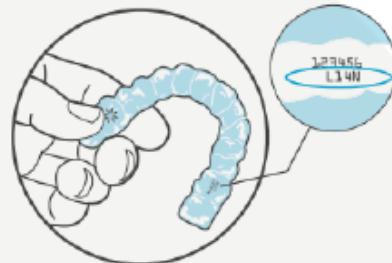
## ALIGNER CARE

### WEARING AND USING YOUR ALIGNERS

Here are some tips to help ensure proper use and avoid damaging your aligners.

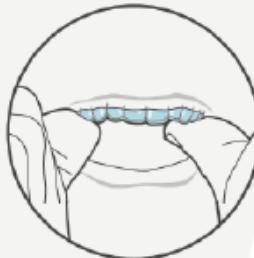
#### ✓ Always Remember To

1. Wear your aligners per your doctor's instructions, usually 20-22 hours per day.
2. Wash your hands thoroughly with soap and water before handling your aligners.
3. Handle only ONE aligner at a time.
4. Rinse your aligners when removing them from the packaging.



#### ✓ Aligner Insertion

1. Make sure you have the proper aligner—the upper for your top teeth and the lower for your bottom teeth.
2. To help avoid confusion, each aligner is engraved with your unique case number, a "U" for upper and an "L" for lower, followed by the stage number.
3. You may insert either the upper or lower aligner first. When inserting each aligner, gently push the aligners over your front teeth. Then apply equal pressure, using your fingertips, to the tops of your left and right molars (back teeth) until the aligner snaps into place.

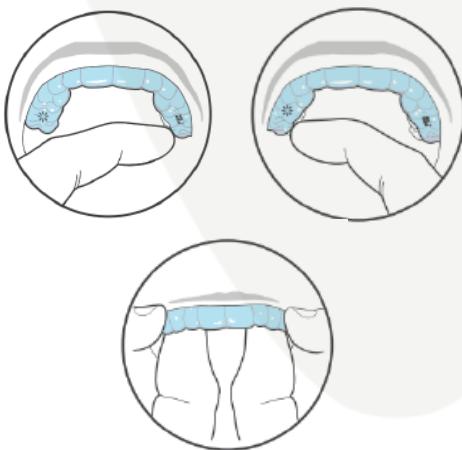


USE THE MUNCHIE PROVIDED AT LEAST TWICE DAILY:

CHEW FOR 5 MINUTES AM & PM

USE DIFFERENT ARMS FOR DIFFERENT TEETH

4. Do NOT bite your aligners into position. This may damage them. *Note: If you experience sharp pain or significant discomfort, discontinue use of the aligners and contact your doctor.*



#### ✓ Aligner Removal

1. On one side of your mouth, use your fingertip on the inside of your back molar to slowly pull the aligner from your molars.
2. Repeat this process on the other side of your mouth before trying to completely remove the aligner.
3. Once aligner is disengaged from the molars on both sides of your mouth, you should be able to slowly work your way forward gently prying the aligner away from your teeth with your fingertips.



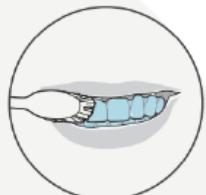
## ALIGNER CARE

### DAILY CARE AND MAINTENANCE OF YOUR ALIGNERS

**1.** Clean your aligners prior to each insertion. Use a soft bristle toothbrush with water and a small amount of toothpaste. You may find it easiest to clean the outside of your aligners by brushing them while they are still on your teeth, then remove your aligners to clean the inside surfaces.

*Note: Be sure to rinse each aligner thoroughly with water after each cleaning. We also recommend that you use the Invisalign aligner cleaning products once a week, or as needed.*

**2.** Do NOT use denture cleaners to clean aligners. Do NOT soak them in mouthwash. These products can damage the surface of the aligner, causing it to become dull and more visible.



### PROPER ORAL HYGIENE

**1.** Remove your aligners for eating and drinking. (You do not need to remove your aligners to drink cool water.)

**2.** Brush and floss your teeth after each meal or snack prior to re-inserting your aligners. If you don't have access to your cleaning system or a toothbrush, you can simply rinse your mouth, and then clean your aligners by holding them under COLD running water. It's not the best way to clean, but it works in a pinch. Be sure to thoroughly clean your aligners at your earliest convenience.

**3.** If you have any questions regarding hygiene techniques, please consult your doctor.

**4.** Regular dental check-ups and cleaning are recommended for the continued health of your teeth and gums.

### STORING YOUR INVISALIGN ALIGNERS

An aligner case has been included in your starter kit. We recommend that you store your Invisalign aligners in this case when they are not in your mouth. This will protect them from loss and damage.

*Note: Keep all of your older aligners in a clean plastic bag, or as instructed by your doctor. Your doctor may recommend that you temporarily go back one stage and use one of the older aligners while a replacement is being made. Keep them out of reach of small children or pets.*

