

Use and Care Instructions for Invisalign Aligners

1. **Wearing:** Wear your aligners for 20 to 22 hours a day, removing them only for eating, drinking, brushing, and flossing.
2. **Cleaning:** Rinse your aligners with lukewarm water every time you remove them. Brush them gently with a soft toothbrush and mild toothpaste, avoiding hot water which can distort the aligners.
3. **Storage:** When not in use, store your aligners in their case to prevent loss or damage. Avoid exposing them to extreme heat or direct sunlight.
4. **Oral Hygiene:** Brush and floss your teeth before reinserting your aligners to prevent trapping food particles, which can lead to plaque buildup and cavities.
5. **Changing Aligners:** Follow the doctor's instructions for changing to a new set of aligners as scheduled to ensure the effectiveness of your treatment.
6. **Avoiding Staining:** Minimize consumption of colored or sugary beverages like coffee, tea, and soda to prevent staining your aligners.
7. **Handling:** Handle your aligners with clean hands to avoid transferring bacteria to your mouth.

