

## **Information sheet for Invisalign Aligner**



### **Wearing time**

- the aligner should be worn for at least 22 hours per day, i.e. only remove them for eating and cleaning

### **Eating Drinking**

- the aligner must be removed for eating; drinking is also possible with aligner
- the aligner can be discolored by drinks containing color (tea, coffee, etc.)

### **Accuracy of fit**

- Always press the aligner firmly onto the teeth so that the aligner rest on the teeth without a gap and the attachments snap into place properly
- Regularly check the attachments on the teeth to ensure that they have not broken off (use the aligner as a reference --> if there is one/two protrusions in the aligner there must also be one/two attachments on the same tooth); if a attachment has broken off, please call us.
- If a aligner broken or can no longer be found, please call us!

### **Hygiene**

- After removing the aligner clean inside and outside with a normal toothbrush and toothpaste, rinse with water and reinsert.
- clean used aligner well, allow to dry and store in the appropriate plastic bag (see also check-up appointment)

### **Check-up appointment**

- Please always take all aligners with you to the check-up appointment

### **Retention phase**

After the Invisalign therapy, the retainers are bonded and you will receive retention trays, which you will only have to wear at night for another 6 months to prevent the teeth from shifting again.