

## **Invisalign Instructions**

Ann Wei DDS FACP

450 Sutter St. Suite 2425 San Francisco CA 94108

415-518-4992

1. Each aligner is worn for 2 weeks. You can wear them for longer than 2 weeks, but not shorter. If you happen to be traveling or forget about the following aligners, just continue wearing the current one until you have access to the new aligner.
2. There are 2 containers for the aligners. Please put your current set in one, and the previous set in another. In case the current aligners break or got misplaced, immediately put back the previous set so teeth are not going to shift. Give us a call so we can order the replacement for you.
3. Invisalign requires 24 hours of wearing, minus brushing time and eating certain type of food. After brushing and eating, you should immediately place them back. If you do not wear the aligners, Invisalign will not work and we will be able to see that teeth are not following the progress.
4. The aligners should be either in your mouth or in the container. Never wrap them in napkins, paper towels or put them in pockets. They can easily be tossed away.
5. If you wear aligners so much that they break, Dr. Wei will replace them free of charge. If you lose them because they are not in your mouth, you will need to pay for replacement aligners charged by the company.
6. Food and beverages of temperature tolerable for the mouth are okay for aligners. There is no need to remove aligners when consuming them.
7. If you tend to drink sugar containing drinks (juice, coke, sports drink), please always rinse your mouth with some water afterwards to avoid sugar sitting within the tray. If you want to avoid stain on teeth, same applies to dark beverages, such as coffee and tea.
8. At night time, after brushing teeth, you can use the same brush to brush the trays with hand soap or dish soap. Please do not use toothpaste. Always rinse with room temperature water. High temperature or chemicals will distort and damage the aligners.
9. The aligners are supposed to turn yellow with a white layer of film inside toward the end of 2 weeks period, so do not worry as you will move onto the next set of aligners. On the other hand, a crystal clear aligner tells us that you are not wearing your aligner enough.
10. The border of the aligners are thin to make them adapt better to teeth. At the beginning, you may feel the edges. Over time, your mouth will get used to it. If you perceive any sharp area, you can come in for adjustments, or use a nail filer to gently file down the sharp area. If you are not sure how to do it, it is better to come in to let us do this.
11. If you have any question, please give us a call at 415-518-4992.