

How to wear your Invisalign Trays

1. Wear your trays full time (including while you sleep).
2. Wear each “set” of trays (one upper and one lower tray) for approximately two weeks. After wearing a set for two weeks, try in your next set. If you feel they do not fit at all, go back to your most recent set and try again in a few days. Sometimes it just takes the teeth a little longer than two weeks to be ready for the next set of trays.
3. Don’t throw out any of your trays, even after you’ve used them. There’s a chance we may need them again.
4. Take your trays out when eating or drinking...and always put your trays in their case! (Most trays are lost in school lunch rooms or restaurants.) The only exception is water. It is okay to leave your trays in while you drink water.
5. If you have buttons or attachments (little tooth-colored bumps) on your teeth and one falls off, please call our office so we can make you an appointment to put it back on.
6. Remove trays when swimming.
7. Keep trays away from hot water, hot car dashboards, pockets, the washing machine, and napkins. All can damage or ruin your trays.
8. Clean trays thoroughly at least once a day with a toothbrush. Try NOT to use toothpaste since toothpaste has a tendency to scratch the trays. Use warm but not hot water. Brushing trays removes the plaque and minimizes odors. Efferdent or other orthodontic appliance cleaners can be used as well, but they do not take the place of brushing.
9. When your trays are not in your mouth they should ALWAYS be in a tray case. Pets love to chew on them!
10. Initially, you may find it difficult to speak “normally.” Practice speaking, reading, or singing aloud to get used to them faster. Most patients speak normally once again after several days.
11. Trays are breakable, so please treat them with care. If trays are lost or broken call our office immediately.
12. If you have any questions or concerns about your trays, please call our office.
13. Always bring your trays to your appointments.
14. Tray replacement can be expensive, so treat them nicely!

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