



# CHARLES A. SMITH, DDS & ASSOCIATES

Specialists for Aesthetic Dentistry

## Invisalign Success Directions

- Wear the aligners a minimum of 23 hours a day. Remember that when your aligners are not in the mouth your teeth are immediately moving back to their original positions.
- You can wear the aligners while eating and drinking. The aligners will stain from dark foods and drinks. (Avoid Curry)
- If you remove them for eating: Breakfast 15 minutes, Lunch 15 minutes, Dinner 30 minutes.
- Rinse your mouth and aligners after drinking sugar containing drinks.
- Brush your teeth and aligners after eating every time.
- We provide “chewies” to be used 3 times daily to promote arch development and tooth movement. You can order more “chewies” if needed on the internet. Google “Aligner Chewies.”
- Use the “chewies” 3 times daily for 10 to 15 minutes, preferably after eating.
- Use the “chewies” by biting and holding or chewing in all locations in the mouth.
- Change your aligners as recommended by our office. Most patients are instructed to change every 7 days.
- Check your aligners to make sure that all teeth are rotating and fitting perfectly in the aligners before changing to the next aligners.
- If your teeth are NOT fitting perfectly, do NOT change the aligner and continue wearing the same aligner and use the “chewies” until your teeth fit perfectly in the aligner.
- If you are having any problems with teeth not moving, aligner not fitting, or discomfort in the mouth, please call the office or make an appointment to be seen.