

KEY TO YOUR INVISALIGN SUCCESS

- Wear trays all the time; 24 hours a day, all night, eating, sleeping, except when cleaning your teeth or trays. Minimize sugar/ acidic intake.
- Continue to wear trays, even in the rare instance that they break.
- If you lose your current tray, you must not have been wearing them. So, put on your previous tray and call us for further instructions.
- Bring all trays to each appointment. Never throw away any trays. Let us throw them away so there are no mix ups.
- Any lost attachment(s) will be replaced (if necessary) at your next appointment if needed, unless we have otherwise specified.
- Any gum irritation can easily be relieved Peroxyl (Colgate) mouthwash. You can buy more from the pharmacy, if needed.
- While uncommon, if needed for some soreness Tylenol can be taken if you can tolerate with any medication or medical conditions you may have. If unsure, call your physician.
- Avoid staining foods with yellow dyes: turmeric, mustard, mac and cheese, etc.
- Avoid sticky/chewy foods such as candies and jerkies.
- Avoid crunchy/hard food such as nuts, pizza crusts, apples, etc.