

Invisalign® Post Operative Instructions

How often they are worn?

Invisalign® aligners should be worn around the clock except when you are eating, drinking or brushing and flossing. Typically they are worn 22 hours per day. It is not advisable to remove them at night. You will eventually feel so comfortable with wearing them that the thought of removing them at night may not even cross your mind.

Maintenance

Since the aligners are removable, it allows you to brush and floss your teeth as you normally do.

Like your teeth, the aligners also collect dental plaque and tartar over time. This debris will not only start to show but may become a source of odour.

- When you brush your teeth, brush your aligners as well.
- Aligners can be soaked and cleaned in a cleaning solution while you are busy eating.

Cleaning Solutions

There are commercially and homemade ways of keeping your aligners clean:

1. Invisalign Cleaning System® is commercially available. This system consists of prepackaged "crystals" which, when added to water, make a soaking solution that removes dental plaque from aligners. However, it costs approximately a dollar a day.
2. Popular homemade alternatives include:
 - a. Using a gentle denture cleaning solutions,
 - b. Mixing a 50/50 solution of water and hydrogen peroxide, or
 - c. Using Listerine

Fortunately, during normal course of treatment, a new set of aligners are scheduled to replace the old one every few weeks. Even if you have failed to keep the current aligners clean, the next new aligner is not far away. However, this is not the case with your teeth. Ensure your teeth are well maintained with good home care.

