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ORTHODONTICS

## INVISALIGN

### Caring for your aligners:

- The aligners should be worn at all times, except when eating, brushing and flossing (approximately 22 hours of wear per day)
- The aligners should be cleaned gently with a toothbrush whenever they are removed
- When not being worn, your aligners should be kept in your retainer case and stored in a cool, dry place
- The aligners are to be kept away from boiling water, bleach and other extreme cleansers

### Changing your aligners:

- Aligners should not be skipped or accelerated; better to wear them longer than two weeks if needed
- The aligners should be worn for a period of two weeks (then removed and placed in a separate retainer case to be saved) You can begin wearing your next set of aligners once you have completed another two week cycle of wearing your aligners, again keep the used ones in a separate retainer case (replacing the old saved ones) and begin wearing your next set of aligners
- Your appointments with your Orthodontist will be approximately 6-8 weeks apart at which time you will receive your next set of aligners

**Note:** patients should consult your Orthodontist prior to undergoing any dental restorations, as this may affect the fit of your aligners