



## **Invisalign Patient Instructions**

Welcome to your new smile journey with Perez Orthodontics! We're excited you've started Invisalign treatment.

Your treatment plan has been carefully crafted just for you by Dr. Perez based on your unique needs and goals. Invisalign uses a series of clear, custom aligners to gradually move your teeth into their final positions, and your first set of trays was created from your initial records to begin that process.

As you wear each set of aligners, we monitor how your teeth are responding. Once you complete this first series, we often take updated records to begin the next phase of treatment, called Refinement. While our assistants take these new records, Dr. Perez personally reviews your records and creates a fresh treatment plan based on how your teeth have moved. Each refinement set is made to fit your teeth exactly as they are at that moment—not based on the original trays—which allows for better control and precision, especially if any teeth didn't move as expected. Refinements are a common and important part of Invisalign and help us fine-tune your bite and alignment for the best possible results.

You were given an estimated overall treatment time that will include the first set of trays as well as any refinement trays needed.

These clear aligners are a powerful tool—but your success depends on how well you follow the instructions below.

### **WEAR TIME**

- Wear your aligners 22 hours per day, every day.
- Only remove them to eat, drink (anything but water), brush, or floss.
- Keep aligners in while sleeping. You should only be out of aligners for about 2 hours max in a 24-hour period.

### **ALIGNER CHANGES**

- Change to your next set of aligners on the schedule we gave you—usually every 7 days, unless otherwise instructed.
- If your tray still feels tight or has a bounce after 7 days, you may just need a little more time in that tray. I recommend adding 1-2 more days of wear before switching to the next tray. Your tray should ideally feel passive before moving on to the next tray.

- Try to start new aligners at night to give your teeth time to adjust overnight.
- Keep your previous aligner set until the next one fits well, in case you need to go back.

### **ALIGNER CARE**

- Rinse aligners with water every time you remove them.
- Clean daily using a soft toothbrush and clear liquid soap.
- You can dissolve retainer cleaner tablets or ultrasonic cleaners to keep the trays as clear as possible.
- Avoid using toothpaste—it can scratch the aligners.
- Avoid hot water—it can warp the plastic.

### **EATING & DRINKING**

- Remove aligners before eating or drinking anything besides water.
- Brush your teeth and rinse your aligners before putting them back in.
- Don't chew gum with aligners in—it will stick.

### **ORAL HYGIENE**

- Brush and floss after every meal/snack before reinserting aligners.
- Keep a travel toothbrush and case with you at all times.
- Excellent hygiene helps prevent cavities, gum issues, and aligner staining.

### **ALIGNER SEATING: CHEWIES**

- Use your “chewies” (small foam cylinders) 2–3 times per day for 5–10 minutes, especially when starting a new tray.
- This helps seat the aligners properly and ensures they are tracking your teeth movements as planned.

### **TRACKING YOUR ALIGNERS**

- Use the My Invisalign App or a calendar to stay on schedule.
- Bring your current aligner to every appointment.

### **IMPORTANT DOs & DON'Ts**

- DO:
  - Store aligners in the case anytime they're not in your mouth.
  - Call us right away if an aligner is lost, cracked, or doesn't fit.
- DON'T:
  - Wrap aligners in a napkin—they'll get thrown away.
  - Skip aligner days—it delays treatment and can affect your final results.

## ATTACHMENTS & BUTTONS

- You may have small tooth-colored “bumps” or buttons attached to your teeth. These help guide movement that may be difficult without the added control of the tooth.
- You may have buttons for elastics used for bite correction.
- If one comes off, let us know—it is not an emergency, but it can affect your progress or your ability to wear elastics as prescribed. We will determine if we can plan to repair it at your next visit or if we should get you in for the repair sooner.

## FOLLOW-UP APPOINTMENTS

- We'll deliver usually about 8-10 trays at a time for you to change weekly at home.
- If you end up wearing 1 or more of your trays for longer than 1 week, you can either reach out to us to postpone your next visit or keep it and wear in whatever current tray you are on.
- If your next visit is to take new records for another series of trays.
- Always wear your current tray into the each appointment.

## COMMON QUESTIONS

- Q: My aligners feel tight—should I worry?  
A: Tightness is normal for a day or two when you start a new tray. That means they're working!
- Q: My aligners are rubbing or irritating my cheeks—what can I do?  
A: Use orthodontic wax or smooth edges gently with a nail file if needed. Call us if it persists.
- Q: I forgot to wear my aligners all day—now what?  
A: Wear them as much as possible moving forward. You may need to extend wear time for that tray. Call us for guidance.

## HAVE QUESTIONS OR CONCERNS?

- We're here to help every step of the way.
- Call or text us at (813) 374-2007
- Let's keep those trays in and your smile on track! 😊