

## *Instructions for* Invisalign Aligner Use

- 1 Remove aligners from package and rinse under cold water
- 2 Aligners should be placed starting with the front teeth first and remove them starting with the back teeth
- 3 Wear the aligner at all times; except when eating, drinking (other than water), brushing and flossing—about 22 hours of wear per day
- 4 Each set should be worn 2 weeks unless instructed otherwise
- 5 Aligners stages should not be skipped or accelerated
- 6 Brush teeth and clean the aligners with a soft brush and cold water after every snack or meal in order to prevent plaque build
- 7 Store current aligners in the blue Invisalign case when they are not being worn
- 8 Save last 3 aligners at all times. They may need to be used again
- 9 Always store all aligners in a cool, dry place
- 10 Keep aligners away from boiling water, and harsh chemicals
- 11 Keep Invisalign aligners and cases out of reach of children and pets
- 12 Try to pay attention to movement and monitor fit of trays as instructed
- 13 Call Dr. Stamm if have any concerns or questions at 303-839-5109