



## Invisalign Instructions

Invisalign should be worn 22 hours a day unless instructed otherwise by Dr. Fodero. If you should lose your aligner please call our office right away and we will recommend the next course of action (whether we will order a replacement or if we will have you advance to the next aligner). Please take your aligners out to eat. Do not drink hot beverages with them in your mouth. We recommend drinking water only when they are in your mouth. Beverages with coloring will gradually stain the aligner. Your aligners should be cleaned daily simply by brushing them with toothpaste and rinsing with cold water.