

# Invisalign Instructions



Invisalign requires aligners to be worn 22 hours a day in order for your teeth to straighten. Allowing time to eat and brush your teeth without them in your mouth.



When you take your aligners out to eat, put it in your case. Do not wrap it in a napkin; it may be mistaken for trash.



Do not drink any hot liquids with the aligner in.



Do not brush aligners with toothpaste. The crystals in the toothpaste will scratch the aligner; the aligner will lose its transparency. Use mild antibacterial soap and/or a soft toothbrush that has not been used with toothpaste.



Dogs like to chew on aligners! If you have a dog at home, be sure to keep the aligners out of its reach. They have chewed through cases to get to them.



If you have a loose attachment and/or button, please call the office so that we may have Dr. Firth evaluate you to see if a new one needs to be placed back on.

## Bankhead & Firth Orthodontics

Call one of our office locations if you have any questions or concerns.

Oakville  
5524 Telegraph Road #201  
St. Louis, MO 63129  
(314) 487-1141

Sunset Hills  
3890 S. Lindbergh Blvd Ste. #115  
Sunset Hills, MO 63127  
(314) 843-5553

Eureka  
54 The Legends Parkway Ste.#161  
Eureka, MO 63025  
(636) 938-7766