



## Caring For Invisalign

### **INVISALIGN Treatment Instructions:**

- 1.** INVISALIGN trays must be worn for a **minimum of 20 out of 24 hours of the day.**
- 2.** Remove trays to eat and drink. Room temperature water is permitted to be consumed with trays in. Hot/cold can distort plastic and chewing can destroy the integrity of trays.
- 3.** Clean trays with a soft toothbrush and toothpaste.
- 4.** Always save old trays in RED tray box. We may need them at some point.
- 5.** If you have attachments bonded to your teeth, please let us know if you notice a de-bonded/missing attachment.

If you have any questions regarding your INVISALIGN treatment, please do not hesitate to contact us at 305-372-1020.