

Lost or Broken Aligners

In the event that an aligner is lost or broken, you should immediately inform our office. You can proceed to your next tray but will need to wear it for the additional days that you would have worn the previous aligner. If you just started wear the lost one longer. The practice will order a replacement.

If an attachment comes off, contact our office and we will schedule an appointment to replace it. Continue to wear your trays full time.

It is always best to keep your previous 3 trays. Should trays start to not track correctly, immediately call our office for an appointment and go back to the tray that fits properly.

Removing Your Aligners



To remove aligners, on one side of your mouth, use your fingertip on the inside of your back molar to slowly pull the aligner from your molars.

Repeat this process on the other side of your mouth before trying to completely remove the aligner.

Once the aligner is disengaged from the molars on both sides, you should be able to slowly work your way forward with your fingertips to remove the tray completely.

Daily Care & Oral Hygiene

Clean your aligners prior to each insertion. Use a soft bristle toothbrush with water and a small amount of toothpaste. Be sure to rinse each aligner thoroughly with water after each cleaning.



Remove your aligners to eat and drink. (You do not need to remove your aligners to drink cool water.) Brush and floss your teeth after each meal or snack prior to re-inserting your aligners.

If your aligners are not in your mouth, they should be stored in your Invisalign case. Always keep aligners out of reach of children and pets. Aligners should not be left in extreme temperatures to avoid distortion.

Make sure to keep your regular dental checkups and cleanings during the course of your treatment. Always let your hygienist know that you are in Invisalign treatment and not to remove your attachments.