

10 Commandments of Invisalign

1. NEVER...EVER...EVER..drink energy drinks, pop, juice or any sugary/acidic drinks while wearing your Invisalign
2. Your trays must be in your mouth unless you are eating or brushing your teeth. If you are in our advanced aligner program, your trays must always be in - including when eating.
3. Your trays are to be brushed every night with toothpaste. After your teeth are brushed, brush your trays and leave the foam from the toothpaste inside the trays as you put them back into your mouth.
4. Take a picture if you aren't sure about how well your tray is fitting and text it to 519-774-7548 along with your name. We will tell you if there is an issue or not.
5. Elastics, Elastics, Elastics — If they are needed for your case wear them!
6. Always come to your appointment wearing your trays.
7. Ensure you bring your next box of trays to each appointment.
8. Munchies /Chewies be used every time your trays are put back in your mouth.
9. If your teeth are sore when changing to new trays, take a Tylenol 30 minutes before changing trays. Change your trays right before bed.
10. For younger kids and teens, expect that all the trays may not be finished before needing a new batch; they may be outgrown. Just like kids outgrow shoes or clothing before the end of the school year, they may outgrow their trays.