



INVISALIGN SURVIVAL KIT AND GUIDE

Congratulations! Your big day has finally arrived and you're now on your way to a more beautiful smile.

- ❖ Review your Invisalign "Survival kit and Guide" for use and care of your aligners.
 - ❖ Your comfort and satisfaction is important to us. Do not hesitate to call us for any reason: **(919) 596-7447**
1. Wear each aligner for 2 weeks starting with #1 aligners – Mark your calendar!
 2. Aligners can be identified by the letters and numbers on the aligner.
Example: U4 upper arch 4th aligner.
 3. Use even pressure and both hands when placing the aligners and removing them.
 4. Wear each aligner at least 22 hours a day – The only time they should be removed is while eating, drinking, or brushing. It is OK to wear while drinking water.
 5. Keep your aligners sparkling – Brush your aligners daily with non-whitening toothpaste.

Blue Case – Use it to store your current aligners. Keep this case with you at all times.

Red Case – Keep your previous aligners as backups. Keep all used aligners in a safe place.

If something is broken or loose, or an aligner is lost, call us as soon as possible to avoid relapse or extensions of your treatment time.