

Clear Aligner Instruction Sheet

Our team is dedicated to providing exceptional dental care. To ensure that your Spark® / Invisalign® aligner treatment progresses on schedule and as smoothly as possible it is imperative that you understand the procedures that are involved in your treatment.

Wearing Your Clear Aligners:

- Wear your aligners for at least 22 hours per day. They should typically only be removed when you are eating or brushing your teeth. If you wear them for less than 22 hours, your teeth will not move.
- You may keep the aligners in your mouth when you are drinking cool water. They should be removed when drinking any hot beverages or drinks other than water – this will cause staining and discolouration.
- Change your aligners as advised by your dentist (usually 1x per week). Keep your previously used aligners in the bag you received them in, until treatment is complete
- ‘Chewies’ should be used to ensure your aligners fully engage your teeth.

Cleaning Your Clear Aligners:

- Clean your aligners 2x daily, just like your teeth. This will help keep the aligners smelling and looking clean.
- The aligners can be scrubbed with a soft-bristled manual toothbrush with a little bit of toothpaste on it.
- Note that the retainer cleaning protocol is different from the aligners! You’ll clean retainers with liquid soap and denture cleaning tablets once you’re done treatment.

Other Instructions:

- Always store your aligners in their case when not being worn to avoid loss or damage. If you lose an Invisalign aligner, Invisalign charges for replacements. Call our office immediately if you’re sure you’ve lost one. Typically, we can move to the next aligner in sequence but need to add the amount of days left (+7) to that next aligner.
- If an attachment (button) has fallen off, notify our office immediately.
- Keep your scheduled appointments – this is the only way we can be sure that your treatment is progressing as planned.
- After treatment, you must wear your retainers as prescribed to maintain the smile you have invested in. Retainers require lifetime commitment.

Your treatment plan has been personally designed by your doctor. The results now depend on your dedication and commitment to full-time wear of your aligners.