

10. ALIGNER USE AND CARE

TIPS AND TRICKS

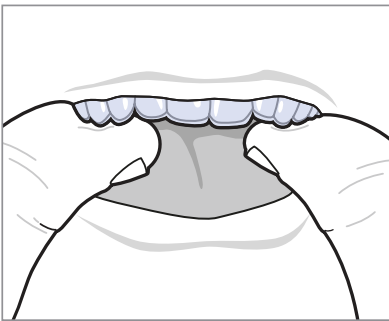
- Instruct patients on how to insert/remove aligners upon initial distribution
- Remind patients about importance of maintaining good hygiene and care of Invisalign aligners

MATERIALS NEEDED

- Invisalign® Use and Care Instructions
 - Shipped with every set of aligners

PROCEDURE - ALIGNER INSERTION

Aligner Insertion



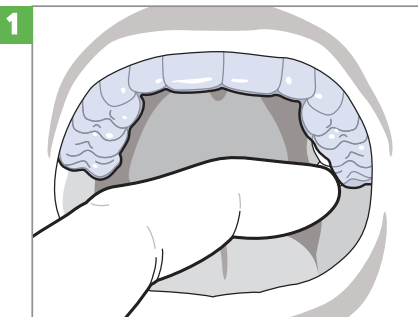
Gently push aligners over front teeth then apply pressure to molars

Aligner Wear & Use Tips

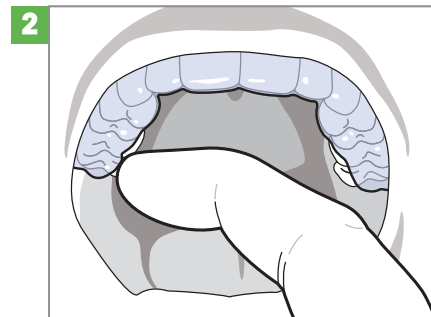
- Deliver Instructions for Use (IFU) at aligner delivery appointment
- Remind patients about aligner wear and use
 - Aligners should be worn for 22 hours per day
 - Remove aligners to eat, brush, and floss
 - Change into a new set of aligners every 2 weeks
- Provide tips on how to comfortably manage aligner change
 - Change aligners in the evening
 - Don't remove for 12 hours (or overnight)

PROCEDURE - ALIGNER REMOVAL

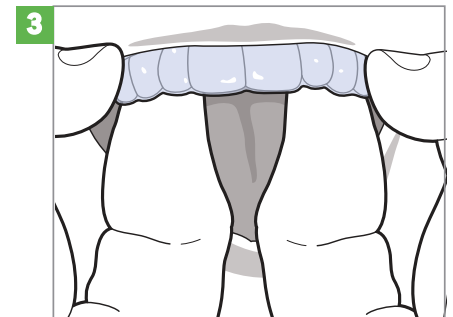
Aligner Removal



1 Pull aligner from lingual side of the molar



2 Repeat for opposite side



3 Gently pull aligner down away from teeth