



PROCARE
DENTAL STUDIO



invisalign®

Invisalign Clear Aligner Instructions

If you need assistance during non-business hours, please text us at (469) 907-5250. This is the same number used for appointment confirmations. Messages are checked periodically after hours.

Important Notes

- Mild soreness or pressure is completely normal during Invisalign treatment, especially during the first few weeks and when changing to a new tray.
- Tylenol (Acetaminophen) may be used as needed for discomfort.
- Avoid Ibuprofen and other anti-inflammatory medications (NSAIDs) unless instructed otherwise, as they may slow tooth movement.
- Wear your aligners at least 22 hours per day for optimal tooth movement.
- You should only remove your trays for:
 - Eating
 - Brushing
 - Flossing

⚠ Treatment only works while your trays are in your mouth.

Tray Wear Schedule

- Your first two trays and last two trays should be worn for 2 weeks each
- All other trays should typically be worn for 1 week each, unless instructed otherwise by Dr. Sheikh

Changing Trays

- Change to your new aligners at night before bed whenever possible
- This helps minimize discomfort and allows easier adaptation overnight
- Reduced pressure does NOT mean your trays are no longer working

If You Lose or Break a Tray

If you lose a tray:

1. **Try the next aligner**
2. **If it fits comfortably, continue as normal**
3. **If it does NOT fit properly, return to your previous tray and contact our office immediately**

Replacement trays typically take about 1 week to arrive.

⚠ There is a \$35 replacement fee for lost trays.

If a tray cracks or tears:

Please contact our office. Damaged trays may be covered under warranty.

Invisalign Wear & Compliance

- **Always store your aligners in their case when removed**
- **Never wrap trays in napkins or place them loosely on tables or counters**
- **Bring your current and previous aligners to every appointment**
- **Keep all previously worn trays until treatment is completed**

⚠ Not wearing your trays consistently can result in:

- **Delayed treatment**
- **Poor tracking**
- **Additional refinement trays**
- **Additional treatment fees**

Attachments

Attachments are small, tooth-colored composite “buttons” placed on certain teeth to help move them more efficiently.

Your aligners are designed to fit precisely around these attachments.

Important:

- **Check daily that your aligners are fully seated around the attachments**
- **If an attachment feels chipped, loose, or missing, contact our office promptly**

Poor attachment tracking may affect your treatment results.

Using “Munchies”

Munchies help fully seat your aligners and improve tracking.

Use Your Munchies:

- **For 2–3 minutes every time you place your trays back in**
- **For 10 minutes in the morning and before bed**

Consistent use helps improve fit and may help teeth move more efficiently.

Refinements

At times, additional scans or refinement trays may be needed during treatment.

This does NOT mean something is wrong.

Refinements are a normal part of Invisalign treatment and help fine-tune your final results.

Some patients may require additional aligner sets after completing the initial series.

Cleaning Your Aligners

You may clean your aligners using:

- **A soft toothbrush and toothpaste**
- **Invisalign Cleaning Crystals**
- **Clear denture foam cleaner**

Avoid:

- **Colored mouthwash**
- **Colored denture cleaners**
- **Hot water**

⚠ Hot water can warp or distort the plastic aligners.

Eating & Drinking

Remove your trays when:

- **Eating meals**
- **Drinking anything sugary, acidic, or staining**

Water is safe to drink with trays in place.

Before reinserting trays:


- **Brush and floss whenever possible**
- **Rinse trays with cool water**

When to Contact Our Office

Please call or text us if:

- **A tray no longer fits properly**
- **An attachment comes off**
- **A tray cracks or tears**
- **You lose an aligner**
- **You have severe discomfort**
- **You notice significant tracking issues**

After-Hours Assistance

 Call or Text: **(469) 907-5250**