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ORTHODONTIC ALIGNERS, INVISALIGN & RETAINERS

Active aligners move teeth; retainers help keep them in position after treatment. Their wear schedules are different. Follow your dentist's plan for your specific appliance and keep all progress and preventive-care appointments.

1 / RETAINERS AFTER TREATMENT

① Wear every night as prescribed

Retainers help prevent teeth from shifting after orthodontic treatment. Wear every night once your dentist has prescribed nighttime wear. Some patients need full-time wear initially. Do not reduce your schedule without guidance.

Call promptly if teeth shift or the retainer becomes tight, loose, painful or will not seat fully. Do not force it or adjust it yourself.

② Clean teeth & clean retainers

Brush thoroughly with fluoride toothpaste and floss before inserting retainers. Rinse the appliance before use. Clean each morning with cool or lukewarm water and a soft toothbrush.

Use a retainer/appliance cleanser such as a Polident retainer product only if approved for your specific material. Follow its label and rinse thoroughly. Do not use hot water, abrasive products or mouthwash soaks.

③ Safe storage & backup sets

Store retainers in their case away from heat, pets and children. Clean the case. Never wrap in a tissue or napkin. Ask about a second retainer set for travel or backup. Alternate only if instructed and both fit properly. **Do not alternate active treatment trays as though they were spare retainers.** Bring appliances to checkups for fit and wear checks.

2 / ACTIVE INVISALIGN ALIGNERS

④ Wear active aligners consistently

Wear as prescribed, usually **20-22 hours daily**, including sleep. Remove for meals, snacks, drinks other than plain cool water, and cleaning. Do not change trays early. Follow your tray schedule. Keep the previous set clean and labeled.

⑤ Meals, hygiene & daily cleaning

Always remove aligners to eat, even for a quick snack. Case them immediately. With trays in, drink only plain cool water.

Brush and floss after meals before reinserting. If brushing is unavailable, rinse mouth and trays with water; clean thoroughly as soon as possible.

Clean daily with a soft toothbrush and Invisalign-approved method. No denture cleaners or mouthwash soaks. Ask before using Polident.

⑥ Comfort, attachments & progress

Pressure or tenderness may occur with new trays; your bite may change. Call for severe pain, sores, unusual movement, poor fit, gaps between teeth and trays or lack of progress.

Report broken or missing attachments, lost trays or cracks promptly. Do not skip, trim or force trays. Ask which set to wear while awaiting advice. Keep cleanings and monitoring visits.

QUESTIONS OR CONCERNS? PLEASE CALL THE OFFICE

Call for a lost or broken appliance, loose attachment, poor fit, unexpected tooth movement, severe pain, persistent gum irritation, swelling or any concern. Tell us promptly rather than changing your treatment schedule yourself.

Dr. Costella 415-453-0642

Dr. Goldstein 415-453-0122

Call 911: trouble breathing or swallowing, rapidly spreading face or neck swelling, severe allergic reaction, uncontrolled heavy bleeding, fainting, confusion or difficulty waking.

Care guidance: Invisalign patient instructions, wear and cleaning guidance, and retainer information. Your dentist's individualized instructions take priority. Keep this guide handy during recovery.