



# Top 10 tips

## for using Invisalign® Clear Aligners

**So, you're just getting started on Invisalign treatment – now what?  
Below are some tips on how to get your best smile.**

**01 Everyone likes apps, right?** With the My Invisalign app, you'll get reminders, like when to change your aligners, and can track your progress to see how your smile is changing.



**Download the app.**

**02 Wear your aligners as recommended by your orthodontist.** Invisalign clear aligners don't cramp your lifestyle. You can wear them while playing sports or an instrument.

**03 Take your aligners out when you're eating and drinking,** but you can leave them in when you're drinking cool water.

**04 Use the case that comes with your aligners -** don't risk throwing them away by wrapping the aligners in paper towels or napkins.

**05 Make sure you brush and floss your teeth** after each meal and snack before re-inserting your aligners - this will help keep your smile looking awesome and keep your aligners from getting stained!

**06 Always clean your aligners** by brushing and rinsing them with cool water - just never use hot water.

**07 Use Invisalign Aligner Seaters when you're putting in new aligners.** When you chew on these small, soft chews, it can improve the fit of your aligners when you're putting in new ones.

**08 Always rinse your aligners when removing them** from their packaging and wash your hands with soap and water or use hand sanitizer whenever you have to handle them.

**09 Stay in touch with your orthodontist** between office appointments by using Invisalign Virtual Care and Invisalign Virtual Appointment. Your doctor can answer your questions and check your progress to make sure you're staying on the right track.

**10 Have fun with it!** You can personalize your experience with Invisalign Stickables, cases, and more at [shop.invisalign.com](https://shop.invisalign.com).



**Pro tip:** Have a portable Invisalign kit you can throw into your purse or backpack. Putting together this little kit will save you a lot of trouble when you are out and about wearing your Invisalign clear aligners; include things like a mini toothbrush, dental floss, little tubes of toothpaste, lip balm, dental wax, and mouthwash.