

Invisalign by Dr. Cooke

WEAR ALIGNERS – 22 hours per day - ALWAYS COME TO THE OFFICE WITH ALIGNERS IN!

PLACE ALIGNERS - gently on the teeth until they snap on.

YOU WILL FEEL – like the aligners are tight the first few days then they will begin to loosen.

WHEN SPEAKING - you may notice a slight lisp. As your tongue adjusts to having aligners in your mouth, the lisp will go away.

SALIVA CHANGES – are expected. You may initially experience excess saliva -OR- dry mouth. These resolve within 2 weeks.

AVOID – hot liquids, high sugar and acidic foods and drinks.

ROUGH AREA – can be polished with an emery board until the edges feel smooth.



ATTACHMENTS/HOOKS - are placed on the teeth to provide extra grip for the aligners. Metal hooks are small brackets that serve as an anchor so Dr. Cooke can utilize rubber bands to fix your bite.

CHEWIES - are used to help seat the aligners on your teeth.

Typically, when you start a new set of aligners, they may not fully seat on your teeth. We recommend that you use chewies 10 minutes every morning and 10 minutes every evening to fully seat the aligner.

CLEANING - your aligners should be done gently with a toothbrush and cool water whenever you brush your teeth.

CHANGE ALIGNERS – according to Dr. Cooke's instructions. Failure to do so will increase treatment time and result in poor results.

STORE - your aligners in YOUR MOUTH or in YOUR CASE. Never a napkin or pocket!

CALL or MESSAGE OFFICE – if your aligner does not sit fully on your teeth within 3 days.

Please feel free to call, message or text us with any questions you may have!