
COUNTRYSIDE DENTAL, PC

DOMENIC RICCOBONO, D.D.S.

VICKI E. COHN, D.D.S.

42 Kinderhook Street
Chatham, NY 12037-1207
(518) 392-5231
Fax (518) 392-7339



INVISALIGN INSTRUCTIONS

- Wear your aligners at all times, except when eating, drinking, brushing and flossing-about 22 hours of wear per day. You can drink water while wearing the aligners.
- When you are not wearing your aligners, place them in the blue Invisalign case
- Always store the aligners in a cool, dry and safe place
- Do not let your dog or cat chew on your aligners!!
- After two (2) weeks, place your current aligners into the red Invisalign case
- Place the next sequential set of aligners onto your teeth. They will feel tight for a few days. Many people feel that the transition is easier if they do this at night.
- You can clean your aligners with a toothbrush and toothpaste, rinsing thoroughly.
- Keep your aligners away from boiling water, bleach and other extreme cleaners.
- Do not lose or destroy your current aligners! This will cost you time and money!
- If you lose or destroy your current aligners please call IMMEDIATELY at (518)392-5231. At that time you may be advised to start wearing the previous aligners that you are storing in the red Invisalign case while we wait for Align Technologies to fabricate a new aligner for you.
- Aligner stages should not be skipped or accelerated