



How Long Do You Have To Wear Invisalign? (5 Tips To Make The Process Easier)



Are you undergoing Invisalign treatment and wondering how long you need to wear your aligners?

The entire Invisalign process can be completed in as little as 9-18 months (depending on your case).

But:

Your treatment length also heavily relies on your compliance with wearing the aligners.

So:

How long do you have to wear your Invisalign aligners?

On average, you should wear them for 20-22 hours every day.

Why do you have to wear your Invisalign aligners this long?

It's simple:

If you don't wear your aligners, it'll take longer to achieve a straight smile.

This, in turn, leads to:

- More dental visits

- More costs to complete treatment
- More time to achieving your desired smile

When can you remove your Invisalign aligners?

Ideally, you should remove your aligners when you're eating, brushing, and flossing your teeth.

Of course, there are exceptions:

If you have important events coming up, like:

- A wedding
- A job interview
- Senior photos

Then, it's okay to remove your aligners.

However:

Make sure you wear your aligners as soon as your big event is done.

5 tips to make the Invisalign process easier

[Invisalign ... Opens in a new window to Invisalign's site...](#) has changed over 10 million lives with its revolutionary take on orthodontics.

So, the process is well worth the commitment.

And we've provided five tips below to make the journey easier for you.

Tip 1: Ease discomfort by taking over-the-counter medications

Invisalign discomfort is common when you switch to your new aligner set. However, treatment should not interfere with your daily life, and you can resume your daily activities immediately after switching aligners.

Over-the-counter medications will alleviate any discomfort you may experience.

Some medications commonly used include:

- Ibuprofen
- Tylenol
- Advil

Tip 2: Drink plenty of water

Drinking plenty of water will help you take care of your clear aligners.

Why?

- It promotes oral hygiene and is beneficial for your overall well-being
- Water helps wash away any food particles and any built-up sugar beneath your aligners
- It prevents cavities (especially if your tap water has fluoride in it)

Tip 3: Clean your aligners regularly

Cleaning your aligners will help keep them in good condition for a longer period of time, which means less time in the dental chair for you.

The easiest way to clean your Invisalign aligners is by:

- Brushing them with a soft-bristled toothbrush
- Using gentle, clear-liquid soap to rinse away any particles from the aligners
- Washing them underneath lukewarm water

Tip 4: Ask your doctor about speeding up treatment

Some dental offices have advanced technology to speed up treatment time.

For example:

At [Utica Dental](#), we use Propel, which **can cut treatment time in half, averaging just 3-10 months.**

It uses your own biology to excel the process and only takes a few minutes to complete.

Tip 5: Visit your dentist regularly

While your check-up appointments will be less frequent than traditional braces, it's very important to go to those appointments and see your dentist every six months.

This ensures everything with your treatment is going according to plan. If you need to make adjustments, you and your doctor can make those tweaks and proceed with treatment with minimal interruptions.

This could result in:

- Faster treatment time
- Achieving your desired result (a beautiful, straight smile)
- Prevention of complex dental treatments

Looking for an Invisalign dentist in Tulsa, OK?

Look no further than Utica Dental.

We're a [Premier Preferred Provider](#) for [Invisalign](#) and have won awards for our Invisalign cases ([see our award-winning cases here](#)).

Not only do we provide Invisalign, but we also take care of all dental needs and can answer any questions that you have regarding [general dentistry](#), [cosmetic dentistry](#), [restorative dentistry](#), and more!

If you want to see if you're a candidate for Invisalign, schedule a complimentary consultation by:

- Calling us at [{{office1-phone}}](#)
- Email us at [{{office1-email}}](#)
- [Sending us a message](#)