What to Expect During Your First Week of Invisalign

Your ultimate guide to starting clear aligner treatment with confidence

Congratulations on beginning your Invisalign journey! The first week is all about adjusting to something new in your mouth—and yes, it can feel weird at first. Here's a detailed breakdown of what you'll likely experience and how to handle it like a pro.

Changes in Your Mouth: Irritation & Adjustment

Gum and Tongue Irritation

- **What you'll notice:**
    - Some patients experience small cuts or rough spots on the tongue, inside of cheeks, or gum line.
    - The edges of the trays may feel sharp or rub in certain areas.
- **What helps:**

  ✅ Use **dental wax** on sharper edges or trouble spots

  ✅ Try a **warm saltwater rinse** (½ tsp salt per cup of water) 2–3x daily

  ✅ Keep lips and mouth hydrated with a gentle lip balm

  ✅ Ask us to smooth sharp aligner edges if needed

Extra Saliva

- **Cause:** Your brain is reacting to something new and thinks you're "eating."

- **Fix:** This usually goes away in 1–3 days. Just swallow more often or sip water.

Speech & Lisping

- **What you may notice:**
    - Slight lisp or muffled speech
    - Certain sounds (“s,” “sh,” “th”) feel harder to pronounce
- **How to adapt:**
  ✅ Read out loud for 10 minutes a day
  ✅ Sing along in the car or shower
  ✅ Record yourself talking to track progress
  ⏱️ Most patients sound normal again within 1–3 days

Tooth Sensitivity & Pain

Pressure Discomfort

- **What you’ll feel:**
    - Tightness when trays go in (especially the first 12–24 hours)
    - Certain teeth may feel sore or “loose” — this is how alignment works
- **How to handle it:**
  ✅ Wear your trays as directed — removing them won’t help and can prolong discomfort
  ✅ Switch to a new set **at night** so you can sleep through the initial tightness
  ✅ Use **ibuprofen or acetaminophen** for relief
  ✅ Try a cold compress on cheeks if soreness spreads

Eating & Drinking Realities

- **Food Changes:**
    - You must remove aligners before ALL meals and snacks.
    - Eating without them can damage the trays or trap food.
- **Oral Care Rules:**
  ✅ Brush and floss after every meal
  ✅ If you can't brush, rinse thoroughly before reinserting aligners
  ✅ Stick to **water only** while aligners are in (no coffee, tea, or soda)
- **Pro Tip:**
  Carry a small dental kit with you everywhere: 🪥 travel toothbrush, paste, floss, and case.

Cleaning Your Aligners

- **Daily Cleaning Routine:**
  ✅ Rinse trays when removed
  ✅ Use a soft brush + mild clear soap (no toothpaste—it can scratch)
  ✅ Deep clean 2–3x a week using Invisalign cleaning crystals, tablets, or gentle denture cleaner
- **Avoid:**
  🚫 Hot water (can warp trays)
  🚫 Colored mouthwash (can stain them green or blue)

Wearing Time & Consistency

- For best results: **20–22 hours a day**
- You'll only remove aligners to **eat, drink, brush, or floss**

- Set reminders or use the Invisalign app to keep track

Attachments & Buttons

You may have small, tooth-colored bumps on some teeth that help guide movement.

✅ They're normal

✅ You'll get used to them quickly

✅ They might feel a little "snaggy" at first but won't affect long-term comfort

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When to Contact Us

Call us if you notice:

- A cracked, warped, or missing aligner
- Severe or continuous gum bleeding
- Sores that don't start healing after a few days
- Inability to insert or remove trays properly

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❤️ Final Tips for Success

- Always store aligners in their case — **pets love to chew them!**
- Take a photo of each new tray week — it's amazing to see the progression
- Don't skip trays or leave them out too long — delays add up quickly
- Remember: minor discomfort now = major smile glow-up later 😁