

WHAT TO EXPECT

Congratulations on starting your Invisalign treatment! You might find your teeth or mouth a little sore when you first start wearing your aligners.

Paracetamol can help with any discomfort.

You will have received a few aligners from your initial appointment, as well as chewies. If you break your chewies please call the clinic to request more.

Your orthodontist will issue you a few aligners each time you attend your appointment, and advice how long you will need to wear them for before changing over to the next set of aligners.

Advised change over period:

EATING & DRINKING

Do not eat or drink (anything except cold or room temperature water) with your aligners on, as this may damage or stain them.

Debris that becomes stuck in your aligners can result in a build-up of plaque or result in cavities. It is advised to brush or rinse after every meal before putting your aligners back on.

INSTRUCTIONS

Aligners are to be worn every day and night except when eating or drinking.

It is important to use your chewies to help put the aligners back in after meals and drinks. This ensures the aligners are fitting perfectly and doing its job of aligning your teeth.

Always store your current aligners in your aligner box when it is not worn, along with one chewie. Do not wrap in tissue or plastic as it may result in it being lost or damaged.

Once you have changed to a new set of aligners, return the previous set to the original bag and keep safe.

In some cases, your orthodontist may advice you to wear a previous set of aligners to help with your teeth alignment.

CLEANING YOUR ALIGNERS

Brush the aligners with a soft toothbrush everyday with clear or soapy water.

Do not clean the aligners with hot water or toothpaste as this can slowly damage the material it is made of and result in breakage.

If needed, soak your aligners in a cup of diluted white vinegar and cold water for around 5-10 minutes to clean, do this no more than once a week.

HOW TO WEAR

1. Position the aligner (one at a time) on your teeth. Do not use your tongue to position it.
2. Firmly press the aligner into place using your thumbs. Do not bite down with your teeth to insert
3. When removing, ease the aligner off from one side first, then the other side. Do not flip the retainer off with your teeth or tongue or pull hard from one end as this will result in breakage.

HOW TO USE CHEWIES

Use your chewies properly for at least 10-20 minutes a day.

1. Place your aligners in.
2. Whilst holding the chewie, bite the chewie firmly.
3. Move the chewie along from one side of your mouth to the other. Continue for 10-20 minutes.
4. Make sure to bite the chewie between all your teeth to ensure a perfect fit.



GENERAL CHECK-UPS

It is important to attend your 6 monthly check-up appointments with your general dentist. These check-ups are an important part of keeping your teeth healthy.

Always bring your aligners to all General Dentist appointments, especially if you are getting restorations completed, this allows your dentist to ensure it will still fit after an appointment.

CAUTION

Avoid skipping wearing your aligners. It is important to wear them properly and using chewies well to ensure the aligners are sitting perfectly around your teeth and activating the alignment process.

Avoid playing with the appliance with your tongue or pulling hard from one end as this can result in damage or loosening of the aligners. Improper wear may result in delayed treatment times.

Keep away from pets. It usually becomes their favourite chew toy!

If you misplace or damage your aligners, please call our clinic as soon as possible.

Never hesitate to call our clinic if you have any questions or concerns!



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TAKING CARE OF YOUR INVISALIGN ALIGNERS