

cleaning your aligners □

Your aligners should be cleaned every day with a soft toothbrush and cold running water, morning and night. You can use liquid hand soap if you want to freshen your aligners up a bit more. DO NOT use toothpaste on your aligners, it will make your aligners become cloudy and less clear.

During the day, rinse your mouth and aligners out with water to remove any remaining food, after you eat. You can use the water bottle provided.



refinement □

A refinement is a second stage of treatment to further improve the positions of the teeth. This involves another scan.

It is vital that the last aligners continue to be worn at night until the new aligners are issued.

storage □

It is vital to store your aligners in their case when not wearing them. Keep a case with you at all times. Please do not put your aligners in a tissue or pocket as they may be thrown out or break.

eating □

We suggest that you remove your aligners when eating and drinking. It is ok to drink cool water with them in.

We recommend removing your aligners just before you eat and/or drink as sugars and acids become trapped between aligners and teeth, which can cause tooth decay and other problems. On the rare occasion where you have to keep your aligners in to eat and drink, ensure that you rinse as soon as possible.

No matter which option you choose, make sure you give your teeth and aligners a good brush before you go to bed.

what we give you today □

Toothbrushes - one for home and a travel toothbrush which can be kept in your bag or car ready for your appointments.

Toothpaste - for brushing your teeth.

Water bottle - to fill with plain water and use after eating.

Remover hook - to help you remove your aligners if you have short or soft nails.

Aligner chewies - to help seat your aligners correctly onto your teeth.

2 boxes - to store your aligners.

Lip balm - to use throughout your treatment.

Tooth Mousse - to be used every night. See the Tooth Mousse pamphlet for more instructions.

want more? □

Check out our Facebook page and join the Invisalign® forum. Share your own handy tips and learn from other patients going through the same thing.

instructions for invisalign®



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important terminology □

Aligners - this is what your Invisalign® plates are called.

IPR - this is Interproximal Reduction, which is to remove the contact between teeth, this allows teeth to move more freely into their desired place.

Attachments - these are small tooth coloured shapes that are placed on some of your teeth, these are placed and positioned to allow the aligners to better control the movement of your tooth.

Set - you are given a few bags of aligners each time you have an appointment. Each of these bags is a new set of aligners. Always wear the aligners from the same set.

important things to know □

You must wear your aligners 20-22 hours a day, unless you are told otherwise.

You should change your aligners every 2 weeks (14 days). Do not change sooner or your teeth will become very sensitive and your aligners will not work as well as they should.

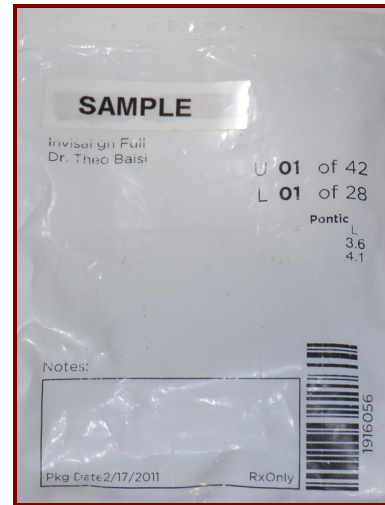
If you are using AcceleDent™ you will change your aligners every week (7 days).

If you find that you are ready to change, and you do not have the new set, do not panic! Keep wearing your current aligners until your next appointment.

If you have lost or damaged your aligners, please call us straight away. You can move into the next set of aligners if you have them, or back to the previous set, until you can be seen by an Orthodontist.

how to read your aligners and bag □

This guide explains how to read your Invisalign® aligner bags and aligners, to ensure you are wearing the correct ones.



→ Your name instead of SAMPLE

→ The first number is the set you are up to, it will match the number printed on your aligner.

The second number is how many sets you have all together for the upper and lower arches. The upper and lower aligners may vary in the total number required to complete treatment.

→ In the "Notes" section, it is a good idea to note the date you are due to change sets.

speech □

In the first few days your speech will be altered and you will produce extra saliva. This will reduce with time and practice. Read out loud for 5 to 10 minutes for the first day or two and this will help you get your speech back to normal again. The more you wear your aligners, the quicker you will feel normal again.

placement and removal □

To put the aligners in, use a mirror to line up the aligners with your teeth and gently push up/down with your fingers or thumbs. You may hear a click when it fits into place. Do not bite your aligners into place as this can damage them.

When removing your aligners ensure that you remove from the back of your mouth (near your molars). Do not do this from the front as it may cause the aligners to break.

aligner chewies □

These are to be used to help seat your aligners. Use them every time you put new aligners in and every morning after you brush your teeth. They can be reused so please do not throw them away.

discomfort □

At first your aligners will be tight and this may cause some discomfort. This will get better! Each time you change into a new aligner it will be tight. To lessen this we suggest changing to a new set of aligners at night, just before bed. This way you have all night to allow your teeth to settle and the aligners will be much more comfortable when you take them out in the morning.

If needed you may wish to take an anti-inflammatory such as Nurofen or pain reliever such as Panadol.