



## information about invisalign®

### important

Invisalign® aligners need to be worn for a minimum of 22 hours a day.

You need to see your general dentist regularly for a check-up and clean during your treatment. We recommend that you have seen your general dentist prior to the commencement of Invisalign® treatment.

### what happens next?

A scan, photographs and x-rays will either have been taken or will need to be taken so that your doctor can start designing your treatment.

It takes 5 weeks for your aligners to arrive, at that appointment we will go through all your instructions and place your attachments.

### attachments

These are placed at the start of treatment. They are small tooth coloured mounds that are glued to your teeth. The size, shape and position is determined by the doctor and varies for each person.

Placement of the attachments provides an 'anchor-point' on the selected teeth, around which an Invisalign® aligner can grip for a specific movement.

They are essential to achieve a desirable outcome and they remain on the teeth until the end of treatment.

Attachments on teeth with aligners in:



Attachments on teeth, no aligners:



Attachments on teeth with aligners in:



### interproximal reduction (IPR)

For an ideal Invisalign® result, the majority of patients require IPR. IPR is the selective removal of a miniscule amount of enamel from certain teeth; it has been used in orthodontics for many years and is very safe. IPR is done using fine strips to break the contact between two teeth. This technique enables the doctor to gain space, move crowded teeth, improve the contours of teeth and to ensure they fit well together. IPR sometimes allows Invisalign® to treat without the need for tooth removal.

In less complicated cases, IPR may not be part of the treatment plan but is still required to break contacts between the teeth at each appointment, so they can move without friction.



### elastics

To correct bite concerns, elastics can be worn with your Invisalign®. The elastics need to be worn for the same amount of time as the aligners eg 22 hours a day.

They can either attach to your Invisalign® or to a small button that is glued to your teeth.

Everyone has to wear their elastics differently; we will show you the way we would like you to wear them.

Elastics and aligners in:



Please note you may require metal elastics hooks.

### pontic for missing teeth

When the removal of a tooth/teeth is required, in order that you do not have a gap visible while the space is closing, we will place a small amount of tooth coloured material in your Invisalign® so that the space is not noticeable while your aligners are in.

Upper aligner out and attachments on:



Aligners in, attachments on and pontic in place:

