



instructions for invisalign®

important terminology

Aligners - this is what your Invisalign® plastic appliances are called.

IPR - or 'Inter-proximal Reduction', is when the doctor polishes between some of your teeth to remove the contact. This creates space and allows the teeth to move more freely into the desired position.

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

Set - each bag is a new set of aligners. Always wear the aligners from the same set and in consecutive order.

things to remember

You must wear your aligners 20 to 22 hours a day. If you do not wear your aligners for enough time each day/night your teeth are unable to move efficiently.

You should change your aligners as advised by your Dental Monitoring™ app.

You may find a notification label on one or more of your aligner packets this means that you need to continue wearing your current aligner until your next appointment.

If you have lost or damaged your aligners, please call us straight away, so we can advise what the next step is.

speech

In the first few days your speech may 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 and talk, 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) first. Do not do this from the front as it will cause the aligners to break.

chewies

These are to be used to help seat your aligners. Use them every time you put new aligners in and for 5 minutes every day. They can be reused so please do not throw them away.

discomfort

At first your aligners may be tight and this may cause some discomfort. This will get better! Each time you change into a new aligner it may 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.

how to read your aligners

Your aligners are numbered by a small black number and letter (U/L) on a molar tooth. You need to ensure that you are wearing the correct number chronologically and that you are wearing U (upper) on your upper teeth and L (lower) on your lower teeth.

It is important to check regularly that you are wearing the correct ones. They will match the numbers on the bags.

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.

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 accidentally thrown out or broken.

When you have finished with the aligners, we suggest putting them back into the original bag in case you ever need to refer back to them.

cleaning your aligners

Your aligners should be cleaned every day (morning and night) with a soft toothbrush and cold running water. You can use liquid hand soap to freshen your aligners up. Do not use toothpaste on your aligners; it will turn your aligners cloudy and less clear.

DO NOT use hot or boiling water to clean your aligners as they will melt and become distorted.

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.



additional scans and aligners

Usually new aligners are required to achieve the final position of the teeth planned by the doctor in the treatment plan. This involves another scan and more aligners being ordered. There is a 5 week turnaround time, but this does not mean that treatment is being delayed. It is vital that the last aligners continue to be worn until the new aligners are issued.

what we give you today

- Toothbrushes - For home use or to keep in your car/ bag ready for your next appointment.
- Aligner remover hook - To help remove your aligners if you have short or soft nails.
- Chewies - These help to seat your aligners correctly onto your teeth, these have to be used everyday.
- Aligner case - For safe storage of your aligners when not in wear.
- Lip balm - To use throughout your treatment.
- Water bottle - Drinking 8 glasses of water a day is great for your body, brain and for your teeth because it dilutes the acid from plaque in your mouth and helps prevent cavities.

****Please note your water bottle is dishwasher safe and can be placed in the freezer to keep your water cool.***

what happens next?

If prescribed by the doctor, you may have IPR performed at this appointment.

Please come to your appointments wearing your current aligner and have the next aligner with you.