



## INVISALIGN

- Please remember to wear and change your aligners as instructed. To make sure you are getting the maximum movement from your aligners you will need to wear these for a minimum of 22 hours per day. If you are not wearing your aligners for the recommended 22 hours per day, your teeth will not move as scheduled. This can mean your teeth don't track as predicted and more aligners and extended treatment may be necessary. Please remove the aligners prior to eating and drinking. Aligners may be left in if drinking water
- Attachments are placed on the teeth to make teeth move in a particular way, if one comes off you need to come back to have it replaced. Please arrange to attend an appointment within 1 week of the attachment coming off.
- Elastics may be needed at the beginning or at some point during treatment. Please use as instructed. If you require more, please call the practice to have some mailed to you.
- To ensure your aligners are seated correctly, we advise that you use your chewie every time you place your aligners back into your mouth as well as a further 3 times throughout the day for 5 minutes to ensure your aligner is contacting your teeth correctly.
- Your aligners are heat sensitive, so remember not to put them in hot or boiling water to clean. Exposing them to heat or direct sunlight, for example leaving them in a car, may cause your aligners to distort; consequently they will not fit your mouth correctly. If this happens or you lose your aligners it is very important to contact the practice as soon as possible so we can arrange to have new aligners made and sent from Invisalign – there is a cost of \$60.00 per set of aligners if you require new ones and this can take up to 2 weeks to arrive.
- Please always keep the previous aligners in their original bag once you have moved into your next aligners. If you lose a set you may be advised to drop back a set until your new ones arrive.
- To clean the aligners, we recommend a 50/50 mix of cold water and white vinegar to soak them or a soft toothbrush and liquid soap to give them a thorough clean. Using toothpaste is abrasive and will cause your aligners to appear cloudy. Denture cleaning tablets can also be used.