

Invisalign Care Instructions

Aligners are to be worn every day and night except when eating or drinking. It is Important to use your chewies to help seat the aligners after meals and drinks. This ensures the aligners are fitting perfectly around your teeth.

Always store your aligners in your aligner case that is provided when they are not being worn, your chewie can live in here too! DO NOT wrap in a tissue this may result in being lost or damaged.

Once you have changed into a new set of aligners, please discard. In the case of a lost aligner, please contact our team and we will let you know what to do next!



How to wear

1. Position the aligner on your teeth (one at a time) DO NOT use your tongue to position them.
2. Firmly press the aligner into place using your thumbs. DO NOT bite down with your teeth to insert. Please use your chewie when inserting the aligners to ensure they are seated correctly.
3. When removing, ease the aligner off from one side first, then the other side. DO NOT flip the aligner off with your teeth or tongue. Pulling hard from one end will result in breakages.

How to use chewies

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. Please do this every time you insert your aligners.
4. Make sure to bite the chewie between all your teeth to ensure a perfect fit.

Cleaning your aligners

Brush the aligners with a soft toothbrush every day/night with toothpaste or soapy water.

DO NOT clean the aligners with hot water, the aligners can melt. This will damage the aligner and they will no longer fit correctly.

There is no need to soak the aligners. If you find the aligners need a freshen up, you are welcome to use Bicarb soda and a splash of vinegar and soak for 5-10 minutes. Denture tablets may also be used to clean.

Eating & Drinking

DO NOT eat or drink (anything except cold water) with your aligners in, this will damage and may cause staining.

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

What to expect

Congratulations on starting your invisalign journey. You might find your teeth or mouth are a little sore when you first start wearing your aligners. Paracetamol/Ibuprofen can help with discomfort.

You will receive all your aligners at your initial appointment as well as chewies. If you break or lose your chewies, please call us to request more.

Dr Sara/our clinical staff will advise how long you will need to wear them before changing over to the next set. Additional information, such as elastic wear will also be provided if required.

Caution

Your aligners should be on for 22 hrs per day. It is important to wear them properly and use the chewie provided. This will ensure the aligners are sitting perfectly around your teeth and activating the alignment process.

Avoid playing with the aligners with your tongue or pulling hard from one end to release, this will damage/loosen 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.

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.