instructions for Invisalign patients



Please follow the instructions on how to insert and remove your aligners: To insert your upper or lower aligners; first you need to gently push the aligners over your front teeth. Then, using your fingertips, apply equal pressure to the back teeth and push down until your aligner is in place. Use your 'chewies' to ensure that the aligners are properly seated and secure. To remove your upper and lower aligners; remove one at a time by pulling your aligner away from your back teeth and slowly work your way round to the front teeth.

Important care instructions for your Invisalign aligners:

- If your aligners have been removed they must be placed into a secure plastic case to avoid loss or damage.
- Aligners must be worn for 22 hours a day; otherwise there is a risk that your treatment will not achieve the best results.
- Your treating clinician would advise you on the frequency of change of your aligners. Please do not deviate from this advice as this could adversely affect the outcome of your treatment.
- Only take your aligners out for eating and brushing your teeth.
- Your aligners need to be removed if you are drinking any hot or coloured liquids.
- Use a clear liquid soap and a separate soft toothbrush to clean your aligners and rinse them thoroughly with cold water only several times a day. Toothpaste contains abrasive agents and peppermint oils which can discolour or damage your aligners.

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Guidance for oral health and problems that may occur during treatment:

- If the edges of your aligners feel sharp or irritate your gum or tongue, you can use a nail file or emery board to smoothen down the sharp plastic edges. If ulcers develop, these can be managed by using DIFLAM SPRAY (available at your local chemist) or ORAL RELIEF GEL (available at Octagon Orthodontics).
- If you have had attachments placed on your teeth, you might experience some discomfort or irritation when you remove your aligners for cleaning or eating. This can be managed by using DIFLAM SPRAY (available at your ocal chemist) or ORAL RELIEF GEL (available at Octagon Orthodontics).
- If an attachment or button is displaced or comes off, please do not be alarmed because this is not an emergency situation. Your treating clinician will decide whether it needs to be replaced or not at a later date. You might want to notify us of any lost attachments or buttons by email or telephone if you require any additional guidance.
- If any of your aligners are lost or damaged, you may want to consider the following options:

  1. Go back to the previous aligner and contact the practice for any further advice.
  2. Move up to the next pair of aligners in the series (change both upper and lower aligners so you are wearing the same number on the top and the bottom) if they fit.
  3. Replacement aligners can be ordered for you but these will attract additional charges. Please notify the practice as soon as possible.
  4. Please notify the practice if any changes have occurred in the sequence of your aligner wear.

- Your orthodontist will give you guidance on the intervals between appointments which could be anywhere up to 12 weeks or longer. The aligners are still moving your teeth so you may not need to come in as frequently as expected. Clean your teeth using your regular toothbrush, toothpaste and dental floss.

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