

Information about using aligners (Invisalign)

What is expected:

- The aligners should be worn at least 20-22 hours a day. That's full time except when eating. Inadequate wearing time will result in extended treatment time or incomplete correction of dental problems.
- Aligners will feel tight when first inserted but the pressure will ease off over the next few days as teeth move into position.
- Put on and remove aligners as shown by your dentist. Chewie should be used between all teeth for 5 minutes everytime when putting on aligners to ensure complete seating.
- Aligners will normally be changed every 2 weeks unless instructed otherwise by your dentist.
- Place the last aligner in the provided **RED** container box in case of emergency.

Eating

- Do **NOT** eat with aligners on. Remove aligners and place them in the provided **BLUE** container box.
- Avoid eating hard food to minimize the risk of damaging attachments.
- Do **NOT** drink hot drinks with aligners as heat will distort and damage the aligners.
- Cold drinks are acceptable but colourful drink should be avoided to minimize staining.

Cleaning

- Teeth should be cleaned before putting aligners on. Aligners are tight fitting and food may prevent complete seating.
- Aligners are best cleaned with a toothbrush and mild soap to avoid yellow calcium build ups.
- Do **NOT** use mouthwash, bleach, other cleaning products which may damage the aligners.

Trouble shooting

- If attachments on teeth came off, please contact the clinic as soon as possible.
- If the aligners break or are damaged, revert back to wearing the previous aligners.
- Always bring the **RED** and **BLUE** containers to the review appointment.

If you have any questions please do not hesitate to call the clinic on (03) 9908 2138.

KIND REGARDS,

Supa Dental Team