

## **Invisalign Quick Start Guide**

### **Wear your aligners 24/7**

Only take them out for eating and cleaning. If you don't wear them they won't work.

### **Always keep your aligners in the carrying case when they are out**

This reduces the risk of them getting lost or being broken. Replacement of lost aligners costs £40 per aligner.

### **Use Your Aligner chewies for 2 minutes 3 times a day**

Chewies stimulate tooth movement and speed up your treatment. Do it with your aligners IN. If you run out get in touch. One chewie should last a fortnight – keep it in your carrying case.

### **Check in every two weeks using the App.**

Please check in every two weeks on the myInvisalign App. This helps me to check that your treatment is on track.

### **Cleaning your aligners**

Only use tepid water when cleaning them. Aligners melt in hot water! Brush with a toothbrush but don't use toothpaste – it can scratch them.

### **Keep all your old aligners forever**

Don't throw them away until we say it's OK to do so. Sometimes we can correct tooth movement issues by "going back" an aligner. Put them back in their bag.

### **What if my aligner has a sharp edge?**

If there is an edge rubbing your tongue or cheek then don't wait for it to become an ulcer. Get a nail file, nail scissors or similar and trim or smooth the plastic edge by about 1mm.

### **What if a new aligner doesn't fit like the others?**

Sometimes it's because one or more teeth are being slow to move. Delay changing your aligner for 3-4 days and give it another go. If this doesn't work, get in touch.

### **Will the teeth feel odd when I eat?**

Yes. The teeth that are on the move can ache a little when eating, and don't always meet at the back. This settles down when the teeth get to the end of treatment. Your bite will also feel somewhat unusual.

### **Cosmetic Bonding: The final touches**

In some patients, moving the teeth alone won't solve all problems. These patients generally have tooth shape issues. The teeth are the wrong shape and often benefit from being built up with cosmetic bonding resin, or in more severe cases, ceramic veneers.

Normally we discuss tooth shape problems once tooth alignment is complete and agree additional fees before going ahead.

### **Retainers**

Once your teeth are straight, we will normally provide you with a fixed retainer on the back of your front teeth of each arch treated. This needs to remain in place for as long as you wish to keep your smile as it is.

In addition, we will provide you with two removable "Essix" retainers for each arch treated. These will need to be worn full time for the first three months after treatment, then nights only for the second three months, and then two nights a week indefinitely.

We will also review you at three, six and twelve months after active treatment is complete to ensure that all is well with your new smile. This is included in your treatment fee.

**If in doubt – ask 😊**