

# orthodontics exclusively

*Sydney's premier orthodontic partnership*

## Instructions for Invisalign

### How to Insert your aligner

Use a mirror to line up the aligners with your teeth and gently push starting at the front and working your way to the back. Please do not bite your aligners into position as this may damage them

### How to remove your aligner

Start on one side and pull down from the back molar and slowly work your way around to the other side lifting gently. The aligner will usually come out easier from left or right side depending on your teeth.

Keep your aligners in the case provided when you are not wearing them.

To identify your aligners, each aligner is engraved, 'U' for Upper and 'L' for Lower followed by the stage number.

### Wearing your aligners

- Wear 22 hours per day. Please remove for eating, drinking and cleaning. Its ok to drink cold water with them in
- Change your aligners as directed (1-2 weekly)
- Do not try move up too quickly as this can lead to misfitting aligners and delay your treatment.

### Cleaning

Always remember to wash your hands thoroughly before handling aligners. Your aligners should be cleaned after each meal with a soft toothbrush and a small amount of toothpaste. Rinse thoroughly with cold water. Do NOT use any denture cleaners or soak in mouthwash. These products can damage the surface of the aligner, causing it to become dull and more visible.

To clean, place aligners in a 1 part vinegar, 2 part water solution and leave to soak for 15mins.

### Aligner Chewies

Chewies are used to help seat your aligners and optimise tooth movement. They are to be used each time the aligner is placed (15 mins per day). You should feel the aligner seat better when biting on the chewie.

### What to expect

- Your aligners will feel tight when they are first inserted.
- Take pain relief if teeth sensitivity persists
- Wearing aligners 22 hours per day is **critical**
- Slight lisp and increased saliva may be present however is only temporary