

Advice sheet

Getting started with Invisalign[®]

Today you have started your journey with Invisalign[®]. Even if the end of your treatment seems far away, keep in mind that following your dentist's or orthodontist's instructions can lower your risk of needing longer treatment time. You may not notice any movement right away, but this is normal – it doesn't mean your aligners aren't working!

You have been given a lot of information today about how to use your Invisalign[®] aligners, so here's a recap of that information for you to refer back to.

Over the next few days:

- You may feel some discomfort in your teeth as you get used to the pressure of the aligners. If required, you can take some pain relief such as paracetamol, as per instructions on the pack.
- It's possible you may develop ulcers on your tongue or the inside of your lips, near where the attachments have been placed or where your mouth is adjusting to the plastic. You can use the wax supplied to place over any areas that are irritated. Alternatively, if there are any sharp bits of plastic on the aligners you can gently smooth over with a clean emery board (nail file). Warm salt water rinses are soothing and can help ulcers to heal faster - mix half a teaspoon of salt in a glass of warm water and gently swish it around your mouth before spitting it out.
- You may feel like your speech has changed. Sounds such as 's' and 'f' may sound funny or feel as if you are speaking with a lisp. This should subside as you adjust to your aligners. Practice speaking out loud as much as possible.
- You may feel like you're producing more or less saliva than usual. This should settle as you get used to wearing your aligners.

Wearing aligners:

- Wear your aligners for at least 22 hours a day. Even if you have ulcers or sore teeth, it is important to keep wearing the aligners so that your mouth can adjust and so they can do their job.
- Change to the next aligner in your series every two weeks unless otherwise instructed by us.
- When changing to the next aligner, change before bed for increased comfort.
- Do not skip aligners in the series.
- Check attachments regularly to make sure they haven't fallen off.

Removing aligners:

- We will have practiced removing aligners today. Remember to disengage each side and remove evenly. With time and practice, this should get easier.



Advice sheet



Food and drink:

- Take your aligners out before eating and drinking. Do not eat with aligners in.
- Avoid drinking hot liquids with the aligners in – the heat will warp the plastic. Cold water is fine. Don't drink coloured liquids with the aligners in – you will stain the plastic. Don't drink acidic or sugary drinks with the aligners in – this will increase your risk of dental erosion and/or decay.
- Clean your aligners and teeth before replacing aligners.

Chewies™ Aligner Tray Seaters:

- Chewies™ are a small cylinder made of spongy plastic-like material. They are used to help close gaps between your aligners and your teeth. In addition, they can help with reducing some of the achiness from new aligners.
- To use Chewies™, position one between your teeth (either long or short is ok) and bite up and down, moving it so you have bitten on all of your teeth and repeat. Use aligner Chewies™ for 5-10 minutes at least 3 times per day and more often when changing to a new aligner.

Elastics:

- If elastic wear is a part of your plan, we will go over this with you once you've had the chance to adjust to wearing your aligners. Elastics will be given to you at a later stage.
- Change elastics after every time you replace the aligners (after breakfast, lunch, dinner and before bed), unless instructed otherwise.
- Let us know if you need more elastics.

Other tips:

- Let us know if you have lost any aligners or if attachments have fallen off.
- Keep aligners away from pets who might like to chew on them.
- Use your storage case to store your aligners. Be careful about storing in tissues outside of your storage case - these can sometimes be thrown out by mistake.
- Help prevent tooth decay by applying tooth mousse into your aligners before you go to sleep at night.

We will see you at your next booked appointment. Keeping to these tips will lower your risk of needing to extend your treatment. If you have any concerns between now and your next appointment, please contact the practice on **04 473 7802**.