

## IMPORTANT FACTS TO REMEMBER

- It is your responsibility to wear your aligners
- Wearing them well will result in better results and quicker treatment
- Remember to go to your regular dental check ups with your dentist
- Good flossing and brushing is essential
- If you lose or damage your retainer contact your orthodontist



# Invisalign

## Hours of Operation

Day	Hours
Monday	8:30am - 5:00pm
Tuesday	8:30am - 5:00pm
Wednesday	8:30am - 5:00pm
Thursday	8:30am - 5:00pm
Friday	8:30am - 5:00pm
Saturday	Closed
Sunday	Closed



**NZAO**<sup>®</sup>  
Association of Orthodontists

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**OTAGO**  
**ORTHODONTICS**

## Instructions for Invisalign®

**Aligners** - this is what your Invisalign® plates are called.

**Attachments** - these are small tooth coloured shapes that are placed on some of your teeth, these are placed and positioned to allow the aligners to better control the movement of your teeth.

## Important things to know

You must wear your aligners 20-22 hours a day, unless you are told otherwise. You should change your aligners every 2 weeks (14 days). Do not change sooner or your teeth will become very sensitive and your aligners will not work as well as they should. If you find that you are ready to change, and you do not have the new set, do not panic! Keep wearing your current aligners until your next appointment. If you have lost or damaged your aligners, please call us straight away. You can move into the next set of aligners if you have them, or back to the previous set, until you can be seen by your Orthodontist.

## Eating

We suggest that you remove your aligners when eating and drinking. It is ok to drink cool water with them in. We recommend removing your aligners just before you eat and/or drink as sugars and acids become trapped between aligners and teeth, which can cause tooth decay and other problems. On the rare occasion where you have to keep your aligners in to eat and drink, ensure that you rinse as soon as possible. No matter which option you choose, make sure you give your teeth and aligners a good brush before you go to bed.

## Important Information

### Fitting

When fitting your aligner, always make sure you look into a mirror so that you can correctly position the aligner. Once your aligner is in the correct position, simply use your fingers to push against the plastic and the plate will click into place. Chewies are useful to bite onto to get your aligners fitting more snugly.

### Removal

When removing your aligner, always use your index fingernails to pull downwards on the inside surfaces of your teeth. Aligner removers have been put into your pack which are helpful during removal of aligners. Ensure that you always remove from the back and inside surface of your aligners, this will make your aligner keep its shape and work better.

### Speech

In the first few days your speech will be altered and you will produce extra saliva. This will reduce with time and practice. Reading out loud for 5 to 10 minutes a day will help you get your speech back to normal again. A good idea would be to read this pamphlet out aloud to yourself.

### Cleaning

Your aligner should be cleaned every day with a soft toothbrush and cold running water (not hot water). The best time to clean your plate is usually when you brush your teeth, as you will be near a sink and the plate needs to be removed anyway. Do not use toothpaste on these as they will mark your aligners and leave residue. Liquid handwash or dishwashing liquid once per week followed by brushing is a great way to keep your aligners clean.

### How Long?

Generally, aligners are worn full time or for at least 22 hours per day for two weeks before changing into the next set of aligners. Once Emily is happy with your progress she may get you to reduce the number of days you wear your aligners for before progressing into the next set.

### Storage

It is vital to store your aligners in their case when not wearing them. Keep a case with you at all times. Please do not put your aligners in a tissue or pocket as they may be thrown out or break.

## Discomfort

At first your aligners will be tight and this may cause some discomfort. This will get better! Each time you change into a new aligner it will be tight. To lessen this we suggest changing to a new set of aligners at night, just before bed. This way you have all night to allow your teeth to settle and the aligners will be much more comfortable when you take them out in the morning. If needed, you may wish to take an anti-inflammatory such as Neurofen or pain reliever such as Panadol.

Keep the aligner in a safe place when it is not in your mouth (e.g. in the container we have provided).

If you can not get it to fit properly, please contact us as soon as possible.

If all is well, we will see you at your next appointment - bring your plate with you every time you come in to see us.

If you lose or break your aligner, if it feels strange or if it is not fitting as well as it used to, make sure that you make an appointment to see us as soon as possible. There will be a fee to replace lost or broken aligners. Make sure you always use cold water to clean your aligner. Boiling hot water will distort it.

**Warning: not wearing your aligner may result in prolonged treatment and poor treatment results.**