

## **Aligner Instructions**

### **Your Aligner Treatment**

- Your treatment consists of a series of nearly invisible, removable aligners that you change every week. Each aligner is custom-made for your teeth. As you progress, your teeth will gradually move to the final position prescribed by your orthodontist.
- Keep all previous aligners safe in case your current one is lost or damaged.
- Tooth-coloured attachments may be bonded to your teeth to assist certain movements. These will be removed at the end of treatment. Aligners are designed to fit over these attachments.

### **Discomfort**

- Some discomfort or tenderness in the first week is normal due to tooth movement. Pain relief (e.g., regular headache medication) and a softer diet can help.
- It may take a couple of weeks to get used to the aligners. Each new set may feel tight initially.
- If severe or prolonged discomfort occurs, contact us immediately; advice may be given over the phone or an earlier appointment scheduled.

### **Diet**

- Remove aligners for eating.
- Only plain water should be consumed while wearing aligners. Sugary drinks can cause decay; tea or coffee may stain teeth and aligners.
- Avoid fizzy drinks (including sugar-free) as they may permanently damage enamel or stain teeth.

### **Cleaning**

- Brush teeth after every meal before replacing your aligners.
- Clean aligners thoroughly without toothpaste each time you brush your teeth. Soak them in a cleaning solution (e.g., Retainer Brite) once a week to keep them nice and fresh.
- Never use hot water or expose aligners to heat.
- Use disclosing tablets weekly to check for areas that require better brushing.

### **Breakages**

- Do not remove aligners by pulling from one side only.
- Avoid clicking aligners in/out with your tongue or using your teeth to press them into place. Always use fingers as instructed.
- If you are having problems with your aligners, we may request a photograph to identify the problem and to help schedule the right appointment type.
- Store aligners in the rigid case provided when not in use.
- Replacement of lost or badly broken aligners may incur a charge of £80.

### **Sports and Activities**

- Aligners may remain in for sports not requiring a mouthguard (swimming, horse riding, etc.).
- Remove aligners when playing wind instruments if necessary.
- A mouthguard must be worn for all contact sports. Replace aligners afterward.

### **Dental Check-Ups**

- Continue regular dental check-ups throughout your Invisalign treatment.