

*A beautiful smile  
is something to be  
treasured.*

*Please note:*

Removable braces are not as precise as Fixed Braces and there is a possibility that you may need an additional refinement stage to get to the final desired result.

In very rare cases we sometimes have to finish off with a short course of Fixed Braces.



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*Invisalign*



COSMETICS / IMPLANTS / ORTHODONTICS

*Congratulations.....*

*You have taken the first step towards your new smile, which you should be very proud of!*

### *What is Invisalign?*

Your Invisalign treatment consists of a series of nearly invisible, removable aligners that you change every two weeks for the next set of aligners. Each aligner is individually manufactured for your teeth, and your teeth only. As you replace each aligner, your teeth will move – little by little, week by week – until they have straightened to the final position prescribed by your orthodontist.

### *Will it be uncomfortable?*

It is likely that your teeth will be tender for 3-5 days each time you progress to the next aligner. It may take a few days to get used to this.

If necessary, painkillers such as the ones you normally take for headaches may help (always read the instructions). If possible do not stop wearing the brace or else you will have to go through the 3-5 days of discomfort all over again

### *How much do I need to wear my aligners?*

You are required to wear your aligners a minimum of 23 hours per day. It is important you follow these instructions in order for the treatment to work effectively.

### *Can I eat normally?*

Yes! you will be able to eat normally. The aligner will need to be removed for eating and drinking. Please brush your teeth after every meal to ensure no food particles are sitting trapped in the aligners afterwards causing tooth decay. If you have attachments then it is best to avoid hard and sticky foods to prevent them from breaking and complicating the treatment progress.

### *How else will it affect me?*

Your speech may be different over the first few days after the fit of the initial aligner. Practice speaking with the aligner in place so your speech will return to normal.

You may also find you produce extra saliva. This is normal and will quickly pass.

### *Oral Hygiene*

- Brush your teeth 3 times a day for at least 3 minutes using fluoride toothpaste.
- Use a daily alcohol free fluoride mouthwash at least 20 min after brushing
- Make sure your gums are nice and healthy by brushing them at the same time as brushing your teeth

### *Aligner Care*

Clean you aligner using your toothbrush and small amount of toothpaste every time you take it in and out. Once a week use RETAINER BRITE provided by you orthodontist-follow the instructions on the box.

**Always put the aligners into the box provided if you are not wearing them. Placing them into your pocket or a tissue will only result in the aligners being lost or damaged which will incur a re-placement charge.**

### *How often will I need an appointment?*

You will need regular appointments (usually every 4-6 weeks) during treatment to monitor the progress.

### *Do I still need to see my regular dentist?*

Yes. It is important you still have checkups and hygiene (every 3-6 months) with your regular dentist throughout the treatment. Your orthodontist will not be checking your teeth for decay or gum disease.

### *What happens if I lose or damage my aligner?*

Please call the Practice immediately for an appointment.

**Please note that there will be a charge and possible delay of the treatment.**

### *Aligner Insertion*

You are required to change your aligners every 2 weeks. It is best to do this at night time before you go to sleep.

Each aligner is trimmed by hand so if you find a rough area this can be gently polished using a nail file.

Each aligner is engraved with the stage number on the molar teeth (e.g. U02 meaning upper aligner number 2).

Ensure the aligner is seated down correctly over all of your teeth. Do not bite your aligners into position as this may damage them.