

# Invisalign

## Things to Remember

- **Do** wear your aligners for at least 22 hours every day.
- **Do** change your aligners according to the instructions given to you by your Orthodontist. You can wear your aligners for longer if they still feel tight but do NOT move onto the next set sooner if they feel loose, as your teeth won't keep up.
- **Do not** skip aligners.
- **Do** use your aligner 'chewies' whenever you insert your aligner.
- **Do** change into your new aligner before bed. This means you can sleep through the first hours of wear (when the aligners are the tightest).
- **Do not** throw your aligners away. We recommend you keep your old ones in a safe place just in case you ever lose your current aligner or we ask you to drop back if not tracking.
- **Do not** take aligners out other than to brush/floss your teeth and for hot/sugary/acidic drinks.
- **Do** keep your aligners in their case whenever you take them out. This prevents loss or damage.

## Attachments

Attachments are small, tooth-coloured dots made of composite filling material that are bonded to teeth to help the aligners move the teeth. The attachments are placed in a specific location depending on the movement required. Attachments generally remain in place until the end of treatment and then are simply polished away! There are several different shapes of attachments that can be used, and they are placed using a customised template that fits over your teeth exactly like a normal aligner. Attachments provide an 'anchor' on selected teeth and they allow your aligners to carry out more complex movements.

## Interproximal Reduction (IPR)

You may need IPR during your Invisalign treatment. This involves polishing a very small amount of enamel from in between the teeth (usually less than 0.5mm). IPR is carried out by using fine, diamond coated strips between the teeth. This enables the orthodontist to gain space to move crowded teeth. It can also help improve the shape of the teeth, so they fit together better and look more aesthetically pleasing.

## Elastics

You may be required to wear elastics during your treatment. Elastics can provide the force necessary to move the teeth and align the jaw so we can ensure a properly functioning bite at the end of your treatment.

Elastics improve the way your upper and lower teeth or jaws fit together. Your teeth may look straight quite quickly however the real work comes in when we try to align the bite. It is important to wear the elastics as instructed by your orthodontist.

## Things to remember during your Invisalign treatment

- Use floss to check the contacts between your teeth every day.
- If an aligner is cracked, broken or lost, wear your previous aligner and contact the practice.
- If an aligner is rough or digging in anywhere, you can trim the aligner **very slightly** with nail scissors or an emery board. If that does not help, then contact the practice.

- Check the fit of the aligner at the edges of your teeth. If there is a gap (see picture) then stay in your current aligner and make an appointment.

