



Aligner Insertion

When inserting, gently place the correct aligner (all aligners have identification marks) over front teeth. Apply pressure with your fingertips to the tops of the back teeth, until the aligner "snaps" into place.

Aligner Removal

When removing, start from the back and use your thumb and index finger to gently "peel" off the aligner, slowly working your way to the other side.

Take care when inserting and removing your aligners, particularly over attachments, as these can become dislodged if too much force is exerted on them.

Wearing Your Invisalign Aligners

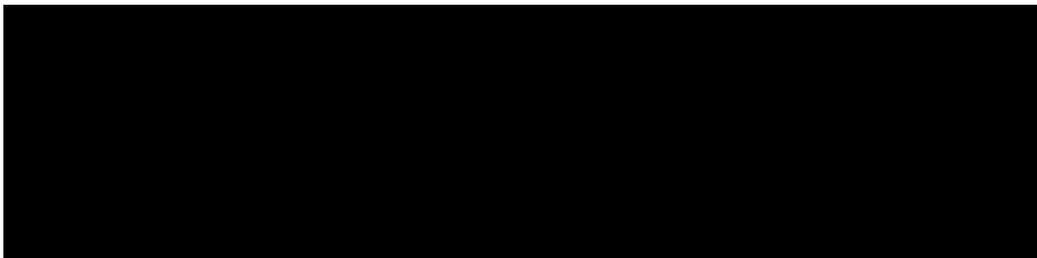
Your new Invisalign aligners are to be worn FULL-TIME, only to be removed for eating/drinking and also for cleaning. This ensures that the aligners achieve their maximum potential, and that progression through your treatment is on schedule. If aligners are not worn as instructed then a longer treatment time may be required.

...when drinking

While wearing your aligners drinking water is fine but it is best to avoid drinking sugary drinks and hot beverages, as these can distort the aligners. If consuming sugary drinks, it is preferable to use a straw and to follow with water as to avoid sugar bathing the teeth all day, and staining the aligners.

...when eating

Always remove aligners prior to eating. Keep them safe by first rinsing and then storing them in the provided aligner container. Never wrap aligners in tissues, as they can easily be disguised and thrown away by accident!



How do I use the Aligner Chewies?

You may have been provided with Aligner Chewies which are cylindrical shaped and made out of durable foam. These Chewies are designed to be chewed on specific sites where there are visible gaps between the aligner and the incisal edge of teeth, or where more tooth movement is needed. The Chewies help to seat the aligner correctly which enables the aligner to be most effective.

Your orthodontist will inform you of the specific site and duration that the Chewies will need to be used for.



What do I do if I break or lose my Invisalign Aligners?

Don't panic! Always keep your previous aligners and store them somewhere safe. If something were to happen to your current aligners, it means that you can wear the previous set of aligners so that treatment progress is not entirely lost. Remember to contact us too, so that we can make an appointment to replace the lost/damaged aligner and get you back on track with your treatment.

Remember: If you have any queries, please don't hesitate to contact us on [9371 6088](tel:93716088)