



Clear Aligner Instructions

Wearing your Aligners

You must wear your aligners for at least 22 hours per day. Wearing them even to sleep Anytimeless will make treatment slower because your teeth are not moving as they are supposed to. When you insert new aligners in the series, they will feel very tight on your teeth and gums. You may also feel discomfort. These are typically due to the feeling of pressure, and they usually go away after a couple of days. When putting the aligners on your teeth, make sure that they are seated all the way in. Wearing your aligners may alter the way you speak. You may have a lisp and difficulty in saying certain words. In most cases, it will improve after a few weeks. Make sure that you do not misplace or damage your aligners when they are not in your mouth. Always store them in the protective cases provided.

Getting a New Set of Aligners

You'll wear each set of aligners for one to two weeks, as prescribed by your doctor. You'll probably schedule check-ups every six to twelve weeks to check your progress and pick up the next batch of aligners. The aligners are in sequence. Make sure that you wear them according to the sequence. Each aligner has its sequence printed on it. The tightness of aligners means that they are working on moving your teeth. In the two weeks of each set, the aligners will progressively feel looser and looser. That's normal. Do not try to speed up treatment by wearing the next set of aligners in the series. Speeding up treatment means placing your teeth at high risk of root damage due to excessive forces of movement that are too fast. When you have finished a sequence, do not throw away any aligners. Keep them in the protective case provided in case you need to return to that particular set down the track.

Can I Eat or Drink with my Aligners?

Only take off aligners when you are eating and when you are cleaning your teeth and gums. Water can be consumed when you are wearing your aligners. Do Not have any other drinks with the aligners on as they may stain the aligners and place your teeth at risk of decay. Smoking is discouraged as it may discolor the aligners. Do not chew gum when you are wearing the aligners,

Cleaning Your Aligners

Rinse your aligners every night and brush them gently with your toothbrush to keep them clean and fresh. When you are brushing and flossing your teeth, clean your aligners as well under lukewarm running water. Do not use hot water as this may distort the aligners. Do not scrub the aligners with a hard brush as this may damage the surface of the aligners. A normal soft bristle toothbrush can be used for cleaning. Congratulations on your commencement with Invisalign Treatment! Look after your aligners very well. Any damage, breakage, or lost aligners will alter the treatment progress and will incur additional costs to you. At the end of your active treatment, retainers will be constructed to maintain the position of your straight teeth. We hope the above instructions are clear. Please do not hesitate to contact our office if you have any further queries or problems.