



Congratulations on starting your Invisalign Treatment!

Now you have had your Invisalign aligner fitted it is important that you follow our care instructions to ensure that your Invisalign treatment goes as smoothly as possible.

Failing to adhere to our instructions can result in the teeth not moving in the right direction and damage to your teeth.

At 5 Dental & Skin we advise:

- Each aligner will need to be worn full time (22 hours a day), less than this may result in the aligner not fitting properly and your teeth not moving to the desired position.
- Keep to your instructed aligner changes, we recommend that you wear your aligner for the appropriate week/weeks as instructed by your Orthodontist. If you change too soon this can result in the aligner not fitting properly and again result in unwanted tooth movement. We know social events can get in the way, if you feel you have not worn the aligner enough, then just wear the aligner a couple of days extra before changing. Your change date is not always set in stone.
- It is very important that Invisalign aligners are removed for eating and drinking anything other than water. We advise still water is the only drink you can drink with the aligners in your mouth. Hot drinks can melt the plastic and distort the aligner. Any fruit juices/fizzy drinks must not be drunk with the aligners in, the aligner will hold these drinks against your teeth and may cause damage and decay to your teeth.
- Your Invisalign aligners must be cleaned twice a day (morning and evening) ideally when you clean your teeth. We can recommend cleaning products e.g., retainer brite and/or a non-abrasive toothpaste and toothbrush. Any abrasive toothpaste used on the aligners will take the clear shine away and can make the aligner appear cloudy.
- For contact sports that require a gum shield we recommend you remove your Invisalign aligner and wear your gum shield.
- When your aligner is not being worn, we recommend that you must keep it safe in the Invisalign boxes that we provide. Pets especially dogs love the smell of saliva, so we recommend that you keep them safe and out of reach. If an aligner is lost, we recommend your contact us so we can then guide you. Please bear in mind a charge for a replacement aligner may be required.
- It is essential that you keep all your previous aligners just in case one is ever lost. You will always then have one to go back to until you can return to see us at the practice.
- Invisalign Attachments: Invisalign attachments are usually a requirement for successful treatment. These are tooth coloured composite bumps that are glued to the teeth.

Attachments help to move your teeth. If you have not already had these placed yet they will be placed at an upcoming appointment. Following placement of attachments:

- Check them daily, a missing attachment may result in a tooth/teeth not moving as planned. If you notice one missing just contact us to arrange an appointment for this to be replaced.
- Following fitting of the attachments it is advisable to avoid any strong coloured foods for 24 hours. Just to minimise any staining that could occur around the attachments. Examples of strong coloured foods are; curries, tomato sauce and soup, spaghetti bolognaise, chilli, anything that has strong food colouring.