

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 Colchester Orthodontic Centre we advise:

- Each aligner must be worn full time (22 hours a day), anything less than this may result in the aligner not fitting properly overtime and teeth will not move in 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/Orthodontic Therapist. 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 so therefore if you feel you have not worn the aligner enough by the time your due to change, then wear the aligner a couple of days extra before changing. Your change date is not always set in stone.
- Invisalign aligners **have to** be removed for eating and drinking anything other than water. We advise still water is the only drink you can drink with the aligners in. Hot drinks **must not** be drunk with the aligners in as this can melt the plastic and distort the aligner. Any fruit juices/fizzy drinks **must not** be drunk with the aligners in either as the sugar content in these drinks will sit in the aligner and cause damage to the teeth where caries can form.
- Your Invisalign aligners must be cleaned twice a day (morning and evening) when you clean your teeth. We recommend you clean them with retainer brite and/or a non abrasive toothpaste and toothbrush. Both can be done twice a day. Any abrasive toothpaste used on the aligners will take the clear shine off the aligners, so we recommend to not use anything abrasive.
- 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 of them. If an aligner is lost we recommend your contact us so we can then guide you. Please bare in mind a charge for a replacement aligner may be required.
- We recommend 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 with tooth movement. If you have not already had these placed yet they will be placed at your upcoming appointment. We recommend when you have them placed that you follow the following advice:

- Check them daily, any attachment missing can result in a tooth/teeth not moving in the appropriate direction therefore if you notice one missing you must contact us to arrange an appointment for this to be put back on.
- Following fitting of the attachments we recommend that you avoid any strong coloured foods for 24 hours this will help prevent 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. After 24 hours you can eat anything you like.

If you have any concerns regarding your Invisalign please contact us on **01206 756210** where we will be happy to discuss these with you.

