

Congratulations on Commencing your Invisalign Treatment

In the initial stage of Invisalign treatment your teeth will feel a little tender and will also become slightly mobile. This is a normal side effect of orthodontic treatment as the bone is expanding, allowing movement of the teeth. This is nothing to be concerned about and will settle once treatment has completed. You may also experience some difficulty with eating solid foods, which is why we recommend a softer diet initially. If the tenderness is significant some pain relief may be taken and we recommend Paracetamol.

Care should be taken when placing & removing your aligners. Avoid using excessive force which can damage the aligners and attachments. The peeling method should be used for removal, which was demonstrated at the issue of your aligners. Good technique and patience is paramount. In a short time, you will be confident in placing and removing your aligners with ease.

The attachments placed on your teeth undergo significant force during placement & removal of your aligners. It is not uncommon for an attachment or two to come away from the tooth throughout treatment. If this occurs, please advise us & we will schedule an appointment with our hygienist to replace them.

Please follow the instructions below to ensure your treatment proceeds predictably and efficiently:

- Your aligners should be worn for 22-23 hours per day. They must be removed for eating & drinking, with the exception of drinking cold water. Always wash/sanitise your hands before handling your aligners.
- Your aligners should be brushed at least twice a day with a toothbrush & toothpaste using cool tap water only. NO HOT WATER
- A container is provided to store your aligners when they are out your mouth. Be sure to keep them away from pets & small children.
- Maintain your normal oral hygiene regime, brushing twice a day (morning & night) and flossing daily.
- Remember to continue to see your Dentist/Hygienist every six months during your treatment for your routine check-up & clean appointments.

If you have any questions or concerns throughout your treatment,
please do not hesitate to call us on 9389 0766.