

# Invisalign

## Things to Remember

In our experience by following these do's and don'ts you will help treatment go well and achieve the best possible result from your Invisalign® treatment:

- DO wear your aligners at least 22 out of 24 hours a day, every day.
- DO change aligners according to the schedule you have been given. You can wear your aligners for longer if they still feel tight but do NOT move onto the next set sooner if they feel loose, as your teeth won't keep up.
- DON'T skip aligners!
- DO use your aligner 'Chewies' whenever you insert your aligner and for 3-5 minutes at the start and the end of the day (clench and hold for 10 seconds between each pair of teeth).
- DO change into your new aligners before bed, this means you can sleep through the first hours of wear (when the new aligner is tightest).
- DON'T throw any aligners away!! Keep your old ones in a safe place in case you ever lose your current aligner.
- DON'T take aligners out other than to eat, brush/floss your teeth or for hot/sugary drinks.
- DO try to just drink cold water rather than juices or soft drinks. This keeps the aligners cleaner and prevents damage to the teeth.
- DO keep your aligners in their case when eating or brushing your teeth to prevent loss or damage.

### Attachments

Attachments are small tooth-coloured dots of dental bonding material, fixed to the teeth in specific locations. Attachments are placed before aligner three (at four to six weeks after fitting) and generally remain in place until the end of treatment. There are several different shapes of attachments that can be used and they are placed using a customised template that fits over the teeth exactly like a normal aligner. Attachments provide an 'anchor' on selected teeth, allowing your aligners to carry out more complex movements. Such movements might include intrusion (pushing a tooth up), moving the tooth into/out of the arch, moving a tooth along the arch or rotating a tooth. Where an attachment is placed on the tooth depends on the movement required and the best place for the aligner to direct its forces more effectively. At the end of treatment the attachments are simply polished away.

### Interproximal Reduction (IPR)

IPR may be prescribed to improve the outcome of your treatment. IPR involves the selective removal of a very small amount of enamel from between the teeth (usually less than 0.5 mm). This technique is carried out using fine, diamond coated strips between the teeth, enabling the orthodontist to gain space to move crowded teeth. It is also used to improve the shape of the teeth so that they fit together and look more aesthetically pleasing. The use of IPR can mean Invisalign® is able to treat more complex cases without the need for tooth removal. In simpler cases, IPR may not be part of the treatment plan but is still required to ease the contact between the teeth so they can move freely.

### Decalcification

When wearing Invisalign® aligners, they act as a shield between your teeth and saliva. Saliva has a cleansing effect on teeth and dilutes bacterial by-products that can cause tooth decay and gum inflammation. Sugary or acidic drinks (such as energy drinks, juices and alcohol) can cause very serious damage to the teeth – especially when they are able to collect inside an aligner where they cannot be washed away by the saliva. The end result can be tooth decay requiring fillings. You must therefore remove your aligners and rinse your mouth and aligners with water whenever you drink anything other than water. Failure to do this can lead to the type of decay and decalcification shown in the image to the left!

### THINGS TO REMEMBER DURING YOUR INVISALIGN® TREATMENT

- Use floss to check the contacts between your teeth every day – the floss must slide with no 'click' or binding contact. If there is a click stay in your current aligner and make an appointment to see us.
- Check the fit of the aligner at the edges of your teeth. If there is any discrepancy or 'gap' (an extreme version is shown in the image to the bottom left) stay your current aligner and make an appointment.
- If an aligner is cracked, broken or lost, wear your previous aligner and contact the practice.
- If there are rough spots on the aligner, you can trim the area VERY slightly with nail scissors or an emery board.



Invisalign



Attachments



IPR



Decalcification



Poor Aligner Fit



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