



**FirstBite**  
DENTAL

309 Keilor Road, North Essendon, Victoria 3041

## Instructions for Invisalign

You are to wear your Invisalign aligners at all times with the exception of eating, drinking, brushing and flossing.

**Aim for 22 hours of wear per day**

**Each Aligner is to be worn for two weeks**

**The first time you move to each new aligner, wear it for 10 hours consecutively (after dinner then go to sleep)**

**Use the Aligner 'Chewies' to fully seat the retainers in place**

### Aligner Cases

When your aligners are not in your mouth we recommend that you use the provided aligner cases, as this will help protect them from loss and damage. Designate the **blue aligner** case for your **current stage aligners**. When it is time to advance to your next stage, **transfer the previous aligners to the red case**. Always keep the most recently used aligners in this case.

Note: Keep past aligners in a clean plastic bag or box, out of reach from children and pets.

### Brushing

After brushing your teeth morning and night, brush your Invisalign aligners with your toothbrush and toothpaste, then rinse under luke warm water. It is important that you brush your teeth after each meal and prior to re-inserting your aligners to maintain necessary hygiene.

### Diet

While in treatment you will have to remove your aligners to eat, chew gum, and drink anything except water. Leaving aligners on while drinking may stain them and you may risk decay from drinking fluids with sugar in them.

### Smoking

We discourage smoking while wearing aligners because it is possible for the aligners to become discoloured.

### Pain

There will be initial discomfort after each aligner is inserted as this is an orthodontic adjustment adding pressure to certain teeth. This should ease after a maximum of three days, keeping in mind every patient is different. We recommend keeping pain relief on hand throughout the treatment, to help relieve discomfort.

### Appointments

As per your Invisalign aligner's schedule it is your responsibility to follow your schedule at home with regards to changing your aligners on specified dates. There will be regular appointments to visit us so progress can be monitored and next stage of aligners given. It is important to keep your Invisalign appointments so that the treatment moves as quickly as possible and next aligners are given at the appropriate time.

**Keep your retainers safely, as replacement aligners cost \$130. If you misplace a retainer, contact us immediately so we can organise a replacement.**