

BMB Dental Clinic

2/4 Bungan Street, Mona vale, NSW, 2103

Phone: 02 8411 1366

www.bmbdentalclinic.com.au

Congratulations for starting your Invisalign treatment. Please keep the following notes in mind while you are under the treatment with Invisalign.

- 1) You have been provided with 2 containers, one blue and one red. Use one of them to store your current set of aligners and the other one for the previous set of aligners in respect to the current one. This is just as a precaution in case you lose your current aligner. If you lost your current aligner, use the previous one to the one you are using now until we get another set of the current aligners made and sent to us. If you are using aligner number 5 and you lost them, then use number 4 until get a new set of aligner number 5. Never leave your teeth without aligners on for more than several hours or we have to start all over again. Please note there are costs involved in ordering replacement aligners.
- 2) You have been provided with Chewies which are a very important part of your Invisalign treatment. Make sure every time you put aligners back on your teeth, you chew on Chewies from one side of the mouth to the other to make sure the aligners are sitting fully and properly on your teeth. Besides, it is a good practice to chew on Chewies for 10min a day when you have free time. This stimulates your teeth to move better and faster.
- 3) You need to use your aligners, minimum 22 hours a day. You are allowed to take them out just when you eat or drink and also clean your mouth. Remember if you don't use them they won't work.
- 4) Make sure every time you eat before to put aligners back, you brush your teeth. This is very important as normally saliva cleans the teeth after eating to some extent and also buffers the acid which is produced by bacteria. When you have the aligners on saliva can't reach to teeth and does its job so you will end up with decays if you do not clean your teeth all the time especially after each time you eat.
- 5) You can drink water with your aligners on but avoid any colourful or hot drinks. They can discolour or distort.
- 6) Clean your aligners regularly as well when you clean your teeth. You can brush them with your brush with or without toothpaste.
- 7) You have been provided with some Ortho wax which can be used if aligner is causing any soreness on the soft tissue in your mouth, including gum, lip, cheek, tongue and palate. Apply some small piece of wax on the part of aligner which is poking into your mouth. Usually after a while you get used to it and you won't need to do that for the whole length of the treatment.
- 8) It is normal if you can't talk properly first when you start using the aligners. This will be fixed by itself after a short time. Also you may feel that the amount of saliva increased after using the aligners. This is normal reaction of body to anything extra in the mouth. It will reduce to its normal amount shortly.
- 9) Check the attachments regularly to make sure they haven't come off during chewing or taking the aligners out. This can be done once or twice a week in front of a mirror by counting the total number of attachments on all your teeth. Attachments are like some extra white bits on your teeth. If you are not confident in doing that don't worry. We do that regularly every time you come in to your follow up sessions.

If you have any question or something unusual comes up, please give us a call to get some help.