

Congratulations for starting your Invisalign journey!

Here are few tips to help you on your way

How to clean your aligners

- Use a toothbrush to brush the inside of your aligners
- Rinse over a basin
- Don't use hot water, this can melt the plastic or warp the shape of the aligner
- Clean your aligners and teeth after each meal

Products you can use to clean your aligners

- Water on its own is fine as your aligners should not get too dirty
- RetainerBrite, or Milton's Baby Solution – these can help remove staining/discoloration
- Your Invisalign welcome kit will contain cleaning crystals which you can also try

How often should you wear your aligners

- 20-22 hours everyday
- Replace your aligners with your mouthguard when playing sports

When to change your aligners

- Every 7-14 days (your orthodontist will give you instructions specific for your treatment)
- You can fit your next set of aligners in sequence

What to do if your next aligners do not fit

- Stay in your current aligners for a few more days, then try again
- If they now fit proceed as usual
- If not you can try your next aligner and give it a few days to see if they bed in.
- If they do not fit, then contact your orthodontist and continue your current (best fitting) aligner

When to remove aligners

- When you eat and drink anything apart from still water
- Brushing your teeth

Eating with aligners

- Remove your aligners to eat and drink
- You can eat anything you like when you remove your aligners
- If your teeth feel sensitive, try avoiding hard foods till this subsides

Discomfort with aligners

- If you feel some discomfort, particularly when you switch to a new aligner, take a pain killer that you would usually take for a headache
- If the pain persists, contact your orthodontist
- If the aligner is rubbing against your cheeks/tongue, your orthodontist can give you wax to help you get used to them.