

Invisalign®

Instruction Guide

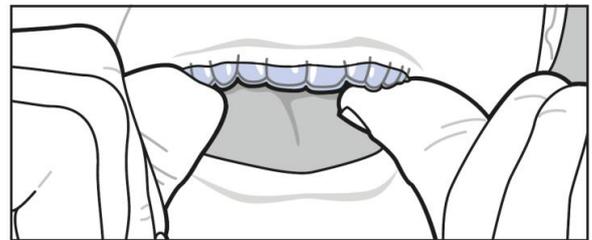
PURE
ORTHODONTICS

ABOUT THE ALIGNERS

Congratulations on beginning your orthodontic journey with Invisalign®! Your next few sets of aligners will be given to you in bags of upper and lower arch pairs, with each set separated by a re-sealable bag. Your name, client code and the number of the aligner set will be printed on the bag to avoid confusion.

INSERTING YOUR ALIGNERS

As the aligners are moulded around your teeth and made of plastic, you will need to be careful when putting them in your mouth and taking them out. When inserting your aligner, gently push the aligner over your front teeth.



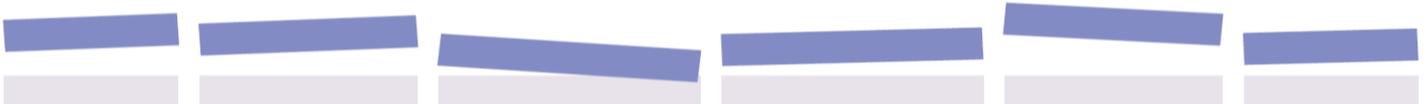
Then, using your fingertips, apply the same amount of pressure to the back teeth, until the aligner snaps into place. **Do not bite your aligner into place as this may break it.** Make sure to bite down on your chewies for the first few days of each new aligner. Doing this will ensure your aligners seat correctly on your teeth and is essential to getting an excellent result.

HOW TO WEAR YOUR ALIGNERS

The aligners should be worn for a minimum of 22 hours a day and should only be removed to eat and drink and when brushing your teeth. Drinking cool water with your aligners in place is fine.

Each set of aligners is to be worn for 2 weeks before moving on to the next set. Each new aligner will be a little tight for the first few days of wear. You may experience some discomfort as your teeth begin to straighten. Mild pain relieving medication can be used if needed.

If the edges of the aligners feel a little rough, you can gently polish them with a nail file.



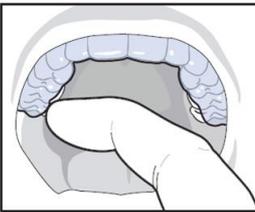
HOW DO I TELL IF MY ALIGNER IS FITTING CORRECTLY?

Your aligner should click into place easily, with no air bubbles or spaces at the tips of your teeth. If you notice any spaces or gaps between your aligner and your teeth, please call the practice as soon as possible.

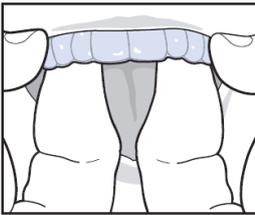
REMOVING YOUR ALIGNERS



1. On one side of your mouth, use your fingertip or the aligner hook on the inside of your back molar to slowly pull the aligner away from your molars.



2. Repeat this process on the other side of your mouth before trying to completely remove the aligner.



3. Once the aligner is away from the molars on both sides of your mouth, you should be able to slowly work your way forward gently prying the aligner away from your teeth with your fingertips.

LOOKING AFTER YOUR ALIGNERS

Remove your aligners to brush your teeth and floss as normal. You can clean your aligners with your toothbrush and water or a spare toothbrush and hand soap. Please do not use denture cleaner or toothpaste to clean your aligners as this can make them dull and more visible.

Always keep your aligners in the case provided. **NEVER** wrap them in a tissue as this is a good way for them to be lost!!

If you lose or break your current aligner, try to go straight into the next one. If you can't, please call the practice and we will advise you what to do.

Please phone the practice if any of your attachments are damaged or come off.

Remember, patient compliance is **vital** for the success of your Invisalign® treatment. If you do not follow these guidelines, your treatment time may be extended.

Pure Orthodontics

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