



# CLEAR ALIGNERS

## Instructions

**Congratulations**, your orthodontic treatment has started!

### WHAT ARE CLEAR ALIGNERS?

Clear aligners are transparent, custom-made plastic aligners designed to fit your teeth. They gradually shift your teeth into their desired position over a period of time.

There are different brands including *Invisalign* and *Spark*.

### TERMINOLOGY

**Attachment:** Tooth-coloured shapes bonded to some teeth. These allow the aligners to grip the teeth.

**IPR:** Interproximal reduction or polishing between your teeth. Reduce friction, create space and allow the teeth to move.

**Elastic bands:** Small elastic bands that might be necessary to align your bite when using aligners.

**Buttons:** Small buttons may be placed on your back teeth for placement of elastic bands.

**Chewies:** Small plastic cylinders you bite on with the aligners in place to help seat them fully.

### INSTRUCTIONS

#### WEAR

- Wear each set full-time (**22 hours/day**) for \_\_\_ **DAYS**.
- Only remove when:
  - Eating
  - Drinking (except cold/room temp water)
  - Cleaning your teeth
  - Wearing a mouthguard
  - Playing a wind instrument

#### CARE

- When removed, put them in their case.
- Don't put them in tissues or your pocket.
- Don't leave them in direct sunlight or hot cars.
- Keep out of reach of your cat or dog.

#### CLEANING

- Remove the aligners every time you brush/floss your teeth.
- Rinse them under cool water, and brush them with a soft toothbrush and hand soap.
- Avoid using toothpaste (too abrasive).
- Rinse with cool water before reinserting.
- If you cannot brush and floss, after eating rinse your mouth with water before reinserting the aligners.

#### DISCOMFORT

- It is normal to have minor discomfort for a few days when you change aligners
- To minimise this, change to your new set before you go to bed. This allows your teeth to settle overnight.



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## INSERTING YOUR ALIGNERS

- Line them up with your teeth.
- Starting from the front, gently push up/down with your fingers/thumb. You may hear a click when they fit into place.
- Do not bite them into place

## REMOVING YOUR ALIGNERS

- Start from the back of your mouth on the inside where the aligners are most flexible.
- Using your nails, displace the back on both sides, then work your way forward to remove them.

## USING CHEWIES

- These help to seat the aligners fully.
- Every time you change to a new set of aligners, use them by biting onto every tooth and squeezing for 10 seconds.
- Do this for the first two days.
- These are reusable.
- Keep one in your case and one at home.

## PROBLEMS

### MISSING AN ATTACHMENT

Please contact us and we will organise an appointment to replace it.

### GAP BETWEEN THE ALIGNER AND TOOTH

This means the aligner is not fully seated so the teeth are not moving properly. If you notice this, please use the chewies as directed for 2 days. If this does not resolve the problem, contact us and stay on your current aligner.

### LOST ALIGNERS

Please contact us so we can guide you.

## FOLLOW UP APPOINTMENTS

We continue to see you approximately every 8-10 weeks to track your progress. Make sure you **bring your current aligner and the next aligner to every visit.**

During treatment, we will do a **refinement scan** at the appropriate time. This involves a new scan of your teeth to create a new set of aligners to achieve an ideal outcome. This is all included in your treatment.

## CONTACT DETAILS

If you have any concerns or questions please contact our friendly team on [9297 6823](tel:92976823) or email [reception@ebortho.com.au](mailto:reception@ebortho.com.au)