



Information about your Invisalign aligners



You will have been shown how to place and remove your aligners in surgery. Please try to avoid taking the aligners out unnecessarily as this may damage them. Also, take care when removing your aligners, especially if there are attachments on your teeth.



Your aligners may feel quite strange initially and you may experience some discomfort at the start of each new stage. This is perfectly normal and should gradually fade away. You may also notice a slight change in your speech until you get used to wearing the aligners.



Please wear your aligners as much as possible, ideally 20-22 hours per day. Wearing the aligners less can increase the length of your treatment and prevent us from reaching our goals.



We will have advised you when to change to your next aligners, please make sure you keep the previous stage in case you break or lose your current one. Don't worry if the new aligners don't seat up fully on the teeth, this will settle as the teeth move, but please do try and push them up as much as possible.



invisalign®

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Please remove the aligners for eating and drinking (other than cold water) and make sure you clean your teeth before putting them back in. We recommend not wearing the aligners while smoking as this will cause them to discolour.



Keep your aligners clean by using your toothbrush under cold water. Retainer brite can be used to soak the aligners in once a week.



Finally, if you break your aligner please contact the practice. We will probably instruct you to move on to your next aligner or go back to the previous one. If any of the attachments come off, again please let us know.