

LOOKING AFTER YOUR INVISALIGN ALIGNERS

Everything you need to know to get the best results from your treatment

Invisalign works through the gentle, continuous pressure of your aligners on your teeth. The more consistently you wear them, the more predictable and comfortable your treatment will be.

WEARING YOUR ALIGNERS

- Wear your aligners for 20–22 hours every day. Only take them out to eat, drink anything other than plain water, and brush.
- Move to your next set of aligners on the schedule we have agreed — usually every 7 to 14 days. Try to change in the evening, so the tightest hours happen overnight.
- It is normal for a new tray to feel tight for the first day or two. Discomfort usually settles quickly.
- If you are running short on wear hours that day, keep them in while you sleep — overnight wear is essential.

EATING AND DRINKING

- Always remove your aligners before eating or drinking anything other than still water. Hot drinks will warp the plastic, and tea, coffee, wine and fizzy drinks can stain them.
- Brush your teeth (or at least rinse and floss) before putting them back in. Trapped sugar against your teeth under the aligner can quickly cause decay.
- Avoid chewing gum while wearing aligners.

CLEANING YOUR ALIGNERS

- Rinse aligners under cool or lukewarm water each time you take them out. Never use hot water — it will distort the plastic.
- Brush them gently morning and night with a soft toothbrush and a small amount of unperfumed liquid soap or a clear hand wash. Avoid toothpaste, which is abrasive and dulls the plastic.
- Once or twice a week, soak them for 15 minutes in Invisalign Cleaning Crystals, Retainer Brite, or a denture cleaning tablet, then rinse thoroughly.
- Store aligners in their case whenever they are out of your mouth — never wrap them in a napkin (this is the number one way trays get thrown away).

ATTACHMENTS AND IPR

- Small tooth-coloured bumps may have been bonded to some of your teeth. These help the aligners grip and move teeth predictably. Please do not pick at them.
- If a small amount of space has been created between teeth (interproximal reduction, or IPR), this is completely normal and your aligners will close it as treatment progresses.
- Mild sensitivity for a day or two after attachments or IPR is common and settles with paracetamol if needed.

LOOKING AFTER YOUR TEETH AND GUMS

- Brush twice a day with a fluoride toothpaste and clean between your teeth daily. Aligners cover the teeth, so excellent hygiene is essential.
- Carry a travel toothbrush and your aligner case — you will use both more than you expect.
- Continue your regular hygiene appointments throughout treatment.

Please contact us if... an aligner cracks, splits or no longer fits, an attachment falls off, you lose a tray, a sharp edge is rubbing your cheek or tongue (you can usually smooth it with a clean nail file as a temporary fix), or treatment is not progressing as expected. Please do not skip ahead to the next aligner without speaking to us first.

AFTER ACTIVE TREATMENT

- Teeth have a lifelong tendency to drift back towards their original position. To keep your new smile, you will need to wear retainers — usually every night, indefinitely.
- We will discuss your retainer options (clear retainers, fixed wires, or both) towards the end of treatment.

IF YOU HAVE ANY CONCERNS, PLEASE GET IN TOUCH

We are always here to help. If anything is worrying you, please don't hesitate to get in touch with us — we will do our best to put your mind at ease.