



**Sunrise**  
**Dental Clinic**  
Orthodontic & Paediatric Dentistry

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***Starting Booklet For  
Clear Aligners Therapy***

## **Congratulations! You are officially on the way to a straighter, brighter smile**

*One of the best things about clear aligner therapy is the minimal impact it has on your everyday life. It is important to follow these instructions regarding care, wear and use of the clear aligners to keep them feeling and looking good. Please keep this instruction booklet as a reference throughout your orthodontic journey, refer to it whenever you need to.*

### **STRANGE FEELING**

Your mouth, cheeks, gums and tongue are very sensitive and can feel every small change that happens in your mouth. Now with your aligners in, your mouth will adapt to these changes and it's only a matter of time before you don't even notice they are in!

### **SPEECH**

During the initial stage of wearing your aligners, your speech can be slightly affected. Some describe it as a slight "lisp" which tends to resolve within the first 1-3 days. Most of our patients find that talking or reading out loud during helps to accelerate this.



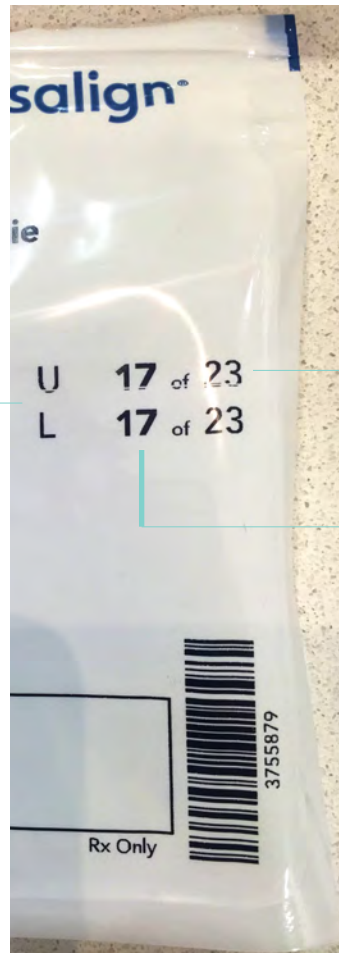
The picture shows sample of clear aligners from Invisalign which might be different from the one you have received.

*At your first appointment, you will receive enough aligners to last you until your next visit.*

### **ALIGNER INSERTION**

Ensure you have the correct aligners in the sequence (i.e. aligner 1). The aligners should be worn in sequential order with first aligner packet reading: U 1 of XX, L 1 of XX, etc.

**U** - upper aligner for your top teeth  
**L** - lower aligner for your bottom teeth



The number of aligners you will need to wear within this current set of aligners.

The aligner number you are currently on. The 'active' aligner

The picture shows sample of clear aligners from Invisalign which might be different from the one you have received.

Each aligner is engraved with a "U" for upper for your top teeth and "L" for lower for your bottom teeth. The aligners will also have the aligner number you are wearing - e.g. your current aligners, there will be "U01" and "L01"



The picture shows sample of clear aligners from Invisalign which might be different from the one you have received.

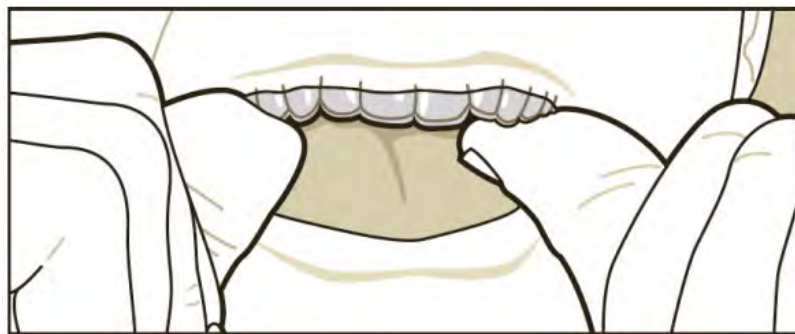
You can insert either the upper or lower aligner first. Simply match up the aligners with the corresponding teeth then gently click it onto the front teeth first and then over the back teeth.

To ensure they are seated properly on your teeth, you will need to use "**Chewies**". Chewies are cylindrical pieces of spongy material that are key to the success of your Invisalign treatment. Chewies work by massaging the aligner so they can fit as flush against your teeth as possible.



Chewies

Do NOT bite your aligners into position as this may damage them - use gentle pressure from your fingers to completely seat the aligners over your teeth and then perform your chewie exercises by holding on to the end of the chewie and firmly biting on it. Start from the back teeth and move the chewie across all teeth, chewing a few times per tooth.



### **YOUR STARTER PACK**

In your starter pack you'll find everything you need to get yourself started. Use it at home or out and about - either way we've got you covered. The following is included in the Pack:

1. Soft bristled toothbrush
2. Retainer Retriever/Pull Tool - assists in removing your aligners
3. Chewies - plastic rolls that you bite on to help press your aligners into place
4. Aligner Patient Starter Kit - holds two cases to put your aligners into.
5. Patient Comfort kit - holds wax and anesthetic
6. Toothpaste

If there is any irritation to the lips, tongue or cheeks the follow items can be used:

- Wax to cover areas of the aligners that are causing the irritation - find wax in the Patient Comfort Kit.
- Rinse with warm salt water to help heal the irritation
- Use a small scissors to smooth areas on the aligner
- Brace relief gel, place on the area affected (gums, cheeks, tongue). The relief gel will temporarily numb the area to provide relief of ulcers.

## ALIGNER WEAR TIME

One of the most important determining factors of how well your orthodontic treatment progresses is the wear time of your aligners. Each aligner must be worn for **20-22 hours per day unless instructed otherwise**. The aligners must be worn at all times other than when you eat, drink or brush/floss your teeth.

You must wear your aligners for as prescribed by us. If you have a special event coming up where you can't wear your aligners keep your aligners somewhere safe. The less you wear your aligners, the less your teeth will move and the longer it will take for your treatment to finish. Wearing your aligners for longer than what is schedule will not be an issue. It is important to get the most wear out of each aligner so that the teeth completely move into the right position.

## ALIGNER REMOVAL

Using either your fingers or the Pull Tool, unhook the aligner off the back teeth from the inside (not on the cheek side - this can break off the attachments). After unhooking both sides, you can use both hands to remove the aligner from the front teeth.



Pull Tool, helps remove your aligners



Always take care while removing your aligners, especially if you have multiple attachments.

Rinse your aligners with water and place them safely into your aligner case. Do not place your aligners in a tissue as they can be mistaken for rubbish and thrown away.

## **INTERPROXIMAL REDUCTION (IPR)**

*Your aligner treatment may require interproximal reduction (IPR) which involves gentle polishing between the teeth to create a small amount of room for teeth to move effectively. Polishing removes a small amount of the outer tooth surface (enamel) and has been used in orthodontic treatments since the 1940s.*



## **ATTACHMENTS**

*Your aligner treatment may require attachments, or tooth coloured ridges that are temporarily bonded onto your teeth at the start of treatment. These attachments allow the aligners to grab onto the teeth, moving them more effectively. Attachments can be thought of as the brackets in braces treatment but with aligner treatment, there are no metal brackets and not all teeth will require attachments!*

When the aligners are out, the attachment bumps are virtually invisible. When wearing the aligners, the attachments are slightly visible when viewed close up. Some patients may require attachments only on their back teeth and others may need attachments on their front teeth. Towards the end of the treatment, attachments will be gently smoothed off.



## **AN ATTACHMENT OR BUTTON FELL OFF**

Don't worry if an attachment has come off, this can sometimes happen.

1. Find out which tooth the attachment has come off from
2. Know which aligner number you are on
3. Make an appointment, the appointment should only be 15-30 mins (depending on the number of missing attachments)
4. Continue wearing your aligners as per plan unless given specific instruction from our team.

## **THE ALIGNERS HAVE BROKEN**

Unfortunately, this can occur. Although the aligner plastic is strong, it can only withstand normal forces. The most common situations when the aligners can break is when they are out of the mouth e.g. they get sat on, and when they are being taken out or being placed into the mouth. In addition to this, crowding and/or multiple attachments can also cause aligners to break. If you are in a rush to put the aligners on by clenching them down, too much force will be exerted which would then cause your aligners to crack.

Pets can also damage aligners. Dogs love aligners! They are attracted to the scent of saliva and can get chewing within seconds. Keep your aligners in their case when they aren't in your mouth.

If your aligners are broken or have snapped, not to worry:

1. Assess the damage - try to locate the crack and check its severity
2. Call our team and describe the damage. You will be able to make an appointment and they will tell you your best plan of action.
3. If the crack is not too severe (and its night time and you're unable to speak to our team) you can attempt to put the aligner back into your mouth. Continue wearing them until you speak to us. If there is any pain or severe discomfort, do not keep them in and call us at your first opportunity.

We strongly advise against trying to fix the broken aligner yourself. There is no appropriate adhesive that can be used to glue parts together; they will not be strong enough and you could end up ruining the aligner.



## **LOST ALIGNERS**

This can hinder treatment progress if they are lost. This is why its extremely important to keep your aligners in a safe place at all times. When the aligners are not being worn, they should be kept in their case (when you're eating or brushing your teeth).

Call our team as soon as you can and we'll guide you from there. Most likely if you have worn your lost aligners for a few days, your dentist will tell you to move on to the next aligners. If there hasn't been enough wear you may need to get a replacement aligner and this can take up to 10 days. This is not ideal however can be made up for in the end.

## **DISCOMFORT OF TEETH AND GUMS**

Your teeth are moving! And there will be pressure and some discomfort while they move. This is very normal and a part of orthodontic treatment. Your teeth can feel sore or sensitive, most of which will be in the **first 2-3 days** of wearing a new aligner. After this, the discomfort decreases as the teeth move into their new position. You might find it uncomfortable biting into hard foods and biting down. Again this is part of fun of treatment and will subside in the next few days.

When you first wear your aligners, your teeth, lips, cheeks and tongue are not used to the feeling. Use your emery board to file down areas that are feeling scratchy, or use the wax found in your starter pack to cover areas of discomfort. It will get better, the first 24-48 hours are the worst in terms of discomfort - you will feel better! If anything concerns you or you want instruction on what to do please call us.

## **ORAL HYGIENE**

It is important that your teeth are clean before your Invisalign aligners are put on. Make sure you brush after each meal and floss your teeth every evening. If you are a heavy snacker, you will find that your snacking habit may decrease - most patients would rather keep their aligners in than have a small snack and have to brush after. If you are in a rush at work or school and do not have time to brush after lunch, make sure to rinse thoroughly and then brush when you arrive home.

## **MAINTENANCE OF ALIGNERS**

Use a soft bristled toothbrush with water and a smear of toothpaste and gently brush your aligners after you have finished brushing your teeth. You will have to angle the toothbrush at various angles to properly clean your aligners.

If you are instructed to wear your aligners for an extended period of time, they may turn cloudy. To remove this cloudy appearance, you can use either Cleaning Crystals with 1 cup of cold water (provided by us) or a solution of 1 part white vinegar and 3 parts water. Soak the aligners for 20-30 minutes, remove them and brush the aligners. Do not soak your aligners in mouthwash or denture cleaner - these products can damage the surface of the aligner causing it to become dull and more visible. Keep your aligners away from temperatures warmer than the mouth. Heat can significantly damage your aligners.

## **DIET**

In terms of eating, nothing really changes when you start with Invisalign. You can still eat whatever you want. You don't need to make the same radical changes in diet as you would with conventional braces. Just ensure you remove you aligners before you eat - you **must not eat with your aligners in**. When you do take out your aligners, put them in the provided case, don't leave it on a napkin or anywhere where they can be damaged or thrown away. Drinking is the same thing, just take your aligners out if you're drinking anything other than water. Food and most drinks can damage the plastic or stain the aligners which takes away from their aesthetics.

## **SMOKING**

We strongly discourage smoking with your aligners in. Smoking will cause yellow staining and significant discolouration of your aligners, which can take away from their aesthetics. If you choose to smoke, remove your aligners, place them in their case. Once you have finished smoking, rinse your mouth or ideally brush your teeth to remove the stain off your teeth then insert your aligners.

## **TRAVELLING DURING TREATMENT**

If you're going to be away from the UK, just let us know. Dr Almuzian and his team will ensure you have everything you need before you leave.

## SUMMARY

THINGS TO DO DURING TREATMENT	THINGS NOT TO DO DURING TREATMENT
Wear each set of aligners as prescribed	Throw away aligners
Wear each set of aligners for 20-22hrs	Leave trays out of your mouth for long periods of time
Clean your aligners each day	Chew gum while wearing aligners
Keep aligners either in your mouth or in their case, do not wrap them in tissues	Leave trays in hot cars, or use very hot or boiling water
Always remove aligners by starting from the inside of back teeth	Leave trays lying around for pets or children to damage them
Drink water with aligners in	Eat while wearing your aligners
Perform 'Chewies' exercises each time you put on your aligner and for extra minutes each day if you have free time.	Major dental work done while in treatment may or may not be possible (e.g. veneers, crowns, implants, bridges). Consultation with our team is advised.
Wear your aligners in sequential order	Use mouthwash on aligners
Regular dental check-ups and cleans	Bite trays into position

## 10 COMMANDMENTS

1. Change your aligners every 1-2 weeks (as prescribed).
2. Full time wear is essential. Any less than full-time wear will mean:
  - adding time to your treatment
  - treatment may not work
  - having to restart treatment and consequent extra scans and cost
3. Hold onto all your old aligners until we advise you otherwise.
4. You can trim your aligners lightly with a nail file or emery board.
5. If aligners do not fit, call us immediately and do not progress over to the next aligner
6. Just because aligners feel loose, do not change them
7. Sometimes we might have to add some tooth-coloured attachments to your teeth - we will keep this to a minimum, but you need to understand and accept we do this for the best reasons and results.
8. Do not take the number of aligners on your package as being the absolute final number. In most cases, we need to order a few more aligners to get a really perfect result
9. Change your aligners for new ones just before going to sleep. That way your aligners settle in overnight and are much more comfortable.
10. Enjoy your Invisalign journey and the compliments along the way!