



## **Patient information leaflet – wearing aligners and how to look after them**

- You must wear your aligner as instructed by the Orthodontist. This will be for 22 hours per day. You will be advised on how many days each aligner must be worn before moving on to the next one.
- The aligner must be worn at all times, even whilst sleeping. Exceptions are when brushing your teeth/flossing, eating or drinking anything other than cold still or tap water.
- When changing your aligner to the next one, do not throw away the worn aligner as it can be used in case you lose your current aligner or your teeth move once treatment is complete.
- Tips and tricks you can use to put your aligners on; your orthodontist may have given you a pack of chewies, these are rubber rolls to help you push down your aligner firmly. You can gently bite down on them to seat the aligner. You can also gently bite down on a toothbrush handle with your aligner in place. You can use an electric toothbrush on the lowest setting in the same way. There should be no space between the aligner and tooth when properly seated.
- When taking the aligner off use your fingers in a pinching motion. Starting from the very back, peel the aligner off. Once you feel it has loosened do the same thing on the other side and slowly remove the aligner.
- Your aligner must be cleaned regularly. For daily cleaning use cold tap water with some mild liquid soap. If necessary, use the cleaning crystals provided with your Invisalign pack or Retainer Brite tablets. Do not use a toothbrush or toothpaste whilst cleaning it as these can be abrasive and may damage your aligner.
- Keep your aligner in the protective box provided with your Invisalign pack. Inform us of aligner loss or breakage as soon as possible should this occur.
- Inform the practice should any attachment fall off
- Wear elastic bands if prescribed in the correct way and for the duration indicated by your orthodontist

Retainer Brite: £10.50

Chewies: £5.00

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