

GP Dental

excellence in dental care

INVISALIGN ALIGNER USAGE INSTRUCTIONS - Page 1

Everyday...

- Invisalign ONLY works if you wear them! Wear the Invisalign aligners at all times, remove only for eating or drinking (except for water).
- Remove Invisalign aligners for brushing and flossing.
- After each meal, sweets or soft drinks, brush teeth or rinse your mouth before placing the Invisalign aligners in again.
- Smoking whilst wearing your Invisalign retainer will cause discolouration.
- Wear the Invisalign aligners for no less than 22 hours a day for optimal results.
- Keep away from hot or boiling water, bleach and other extreme cleansers.
- Store the future Invisalign aligners in a cool dry place.
- When removing the Invisalign aligners, place them in the Invisalign container provided.
- Keep Invisalign aligners and/or container away from dogs or pets.
- Drink plenty of tap water.
- If an attachment comes off please call us to replace it ASAP.

Warradale
8298 7699

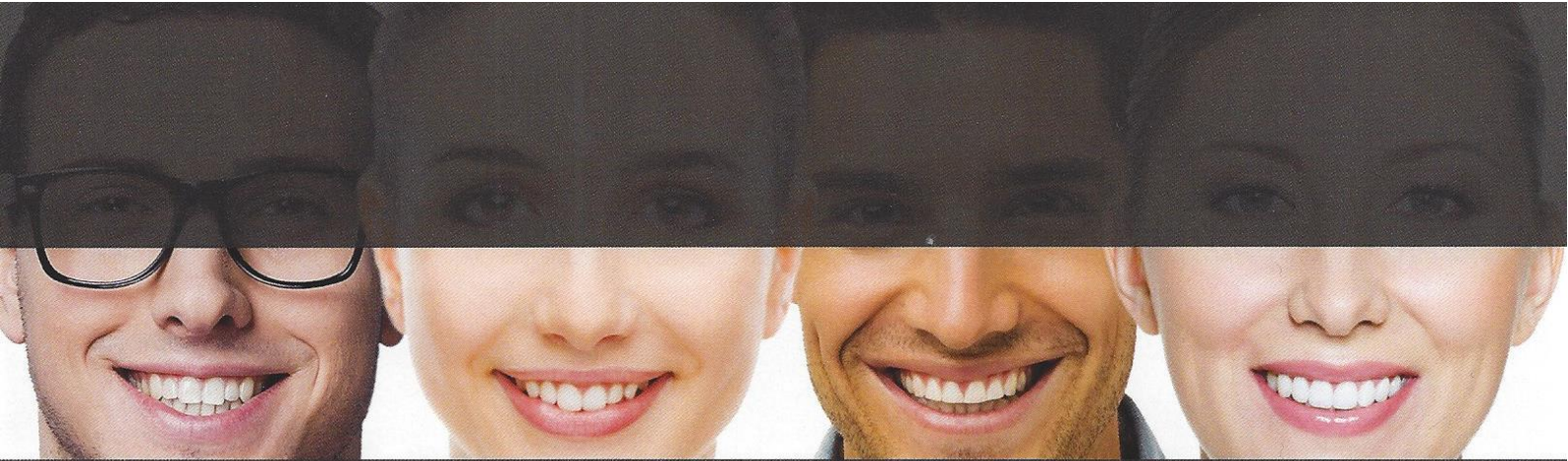
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INVISALIGN ALIGNER USAGE INSTRUCTIONS - Page 2

Changing Invisalign Aligners

- If a tray develops an opaque film that is difficult to remove, place it in white vinegar and water 50:50 dilution for 15 minutes then brush and rinse with cold water.
- Change your Invisalign aligner every 2 weeks.
- You will need to see your dentist every 4- 6 weeks for review and new aligners. Sometimes, new “buttons” or some minor tooth filing of enamel may be required before placement of new aligner. This is painless, and does not affect the health of your teeth.
- Put the used Invisalign aligner back in its bag, do not lose them as they may be required in the future.
- Bite onto the “Chewies” provided, or the end of your toothbrush after placing the Invisalign aligner each time. There should be no gap between the teeth and aligner. This will ensure an accurate fit, and optimal results.
- Invisalign aligners should feel loose and comfortable before moving to the next set of aligners.
- If, at the end of the two week period, you have not worn the aligner full time, or if a space remains between a tooth and the aligner, do not switch to the next aligner – continue the same aligner for another week, however, please consult the surgery before doing so.
- If you break or lose an Invisalign aligner, please contact the surgery. Normally, if this is in the second week of wearing it, you can move to the next aligner and wear it instead for an additional week. Alternatively, a new aligner may need to be ordered, in which you should keep wearing your previous aligner until the new aligner arrives. Please consult the surgery in each instance and NEVER GO WITHOUT YOUR ALIGNER!

If you have any questions or concerns [contact our surgery.](#)

Enjoy your new smile!

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