

Clear Aligners

Important advice

Your Clear Aligners

- Your Clear Aligners treatment consists of a series of nearly invisible, removable aligners that you change every two weeks for the next set of aligners. Each aligner is individually manufactured for your teeth, and your teeth only. As you replace each aligner, your teeth will move – little by little, week by week – until they have straightened to the final position prescribed by your orthodontist
- It is important that you keep all your previous aligners safe should you misplace or damage your current aligner
- In order to perform certain tooth movements, discreet, tooth coloured attachments/buttons are essential. These will be bonded to your teeth and removed at the end of your treatment. The aligners are designed to snugly fit over these

Discomfort:

- Some discomfort in the first week is normal. Your teeth will start to move very quickly which is a good thing but this can cause some tenderness. You can help this by taking painkillers you would usually take for a headache. A softer diet will also help as you will not need to use your teeth as much to chew
- Getting used to having the appliance in your mouth may take a couple of weeks. It is normal for the appliance to feel tight in the first few days and each time you change your aligners for a new set
- If the appliance is giving you severe prolonged discomfort, don't wait till your next routine appointment, get in touch to arrange a sooner visit. We may also be able to provide advice over the phone

Diet:

- Your Clear Aligners should be removed for eating
- Plain water is the only permissible drink while you are wearing your aligners. Sugary drinks may cause decay. Tea and coffee may stain your teeth and your aligners
- Fizzy drinks including sugar-free varieties must be avoided as these will cause permanent damage or staining of the enamel of your teeth

Cleaning:

- You should brush your teeth at least 3 times a day. Your aligners should be worn on clean teeth so you should ensure you clean your teeth after eating, before you put the aligners back in
- You should thoroughly brush your aligners without using toothpaste each time you clean your teeth. Once or twice a week you should soak your aligners in a cleaning solution such as Retainer Brite and brush well afterwards. This will keep your aligners fresh and free from bacteria
- Never use hot water to clean your aligners and keep them away from other sources of heat as this will permanently distort them
- Fluoride mouthwash should be used in between brushing and before going to bed
- Disclosing tablets should be used weekly to identify problem areas where better brushing may be required

Breakages:

- Never remove your aligners by pulling from one side only as this may break them
- Do not repeatedly click the aligner in and out with your tongue as this will break or loosen it. Never use your teeth to press the appliance into place, always use your fingers as instructed
- Try to identify the problem before calling us to allow us to offer you the appropriate advice (lost attachment, aligner rubbing)
- Ensure your aligners are stored in the rigid container provided when they are not in your mouth
- A charge will be made for replacement of lost or badly broken aligners

Sports and activities:

- You can leave your aligners in for sports which do not require a mouthguard (swimming, horse riding, etc.)
- You may have to remove your aligners to play a wind instrument
- A mouthguard must be worn for all contact sports. Do not forget to replace your aligners when you finish

Dental-check ups

- You need to carry on seeing your regular dentist for check-ups throughout your orthodontic treatment