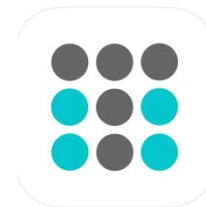




Aligner Instructions

- Aligners **MUST** be worn 22-23 hours daily. If a special event requires removal for a period of more than 3 hours, an extra day should be added to the wear of that aligner. Do not remove aligners more than 3x per day.
- Removal only for eating, drinking (except still water) and brushing
- No hot drinks, no sugary drinks, nothing acidic.
- Aligners **MUST** be worn 10 days each before progressing to the next aligner, **but before switching you must ensure that there are no gaps present between the aligner and the edges of the teeth. If you see a gap, it may mean that the teeth have not tracked and therefore may need longer in that aligner to move. Wear the aligner for an extra day or two, use your chewies to see if this improves. If no improvement is seen, do not switch aligners, but instead contact the practice for advice, as we may need to see you before you switch aligners.**
- Keep aligners clean using a toothbrush and the froth of toothpaste. **DO NOT USE HOT WATER.** You can use 'retainer brite' tablets as well, to keep your retainers nice and clean.
- If you lose or break your aligner, switch back to your previous aligner and contact the practice immediately, to avoid affecting your treatment progression and we will advise you further.
- Always keep your previous aligners stored safely at home in case of future re-use
- VERY IMPORTANT:** you must use 'chewies' to fully seat the aligners EVERY TIME that you put the aligner in your mouth. If you do not seat them using the chewies then the aligners will not work correctly and your teeth will not track. This will result in poor treatment outcome and unnecessary lengthening of your treatment.
- Chewies must be used for at least one minute to seat the aligner. If there are gaps between the edges of the teeth and the aligners, then dedicate an extra minute of chewies to those teeth.
- In the evenings: optional 20 mins of chewies or 5 minutes VPRO device (if you have been given one)
- Use an aligner removal tool if you need assistance to remove aligners but remember to try and loosen the aligner across all the teeth before removing it, to avoid breakages. If you are careless during removal, you will crack the aligner.
- Download 'TrayMinder App' → scroll down to find 'SureSmile' → set up change aligners every 10 days.
This app reminds you when to change aligners and allows you to take selfies so you can monitor your progress.
- Remember to bring your previous and current aligners to all your appointments.
- What to expect: some tenderness, aches and pains of the teeth, especially when chewing food. In the first few days of changing to new aligners, the teeth will be particularly tender. A little bit of 'wobbliness' of the teeth is also normal.**



TrayMinder Invisalign Tracker
Best App for Aligner Users
TrayMinder LLC
Designed for iPhone
★★★★★ 4.8 • 3.4K Ratings
Free • Offers In-App Purchases
[View in Mac App Store ↗](#)

Elastics

If you have been asked to wear elastic bands full time, you must change to new ones twice per day (AM and PM). If you run out you must let us know as any pauses in elastic wear will have a detrimental affect on your treatment outcome. Without full compliance with elastics we will be unable to achieve your desired result.

Check List when moving onto your next aligner:

- ✓ Check that the composite attachments are sitting within the wells within the aligner.
- ✓ If you notice gaps between your aligner and teeth i.e. aligner not fully seating, go back to your previous aligner that fitted snugly, wear it an extra few days before progressing onto the next aligner.
- ✓ If an attachment comes off, please call the practice immediately, as this may affect the movement of teeth,

Remember it is not a race to finish!

It is about getting the most out of every aligner before you move on. You can always wear the aligner a little longer which will help ensure the teeth have fully moved before switching to the next aligner.