

POND SQUARE DENTAL

INVISALIGN USER GUIDE

*Congratulations on starting your orthodontic journey!
Here are some tips to help ensure proper use and avoid damaging your aligners.*

ALIGNER INSERTION

- Make sure you have the proper aligner—the upper for your top teeth and the lower for your bottom teeth.
- To help avoid confusion, each aligner is engraved with a “U” for upper and an “L” for lower.
- You may insert either the upper or lower aligner first. When inserting each aligner, gently push the aligners over your front teeth. Then apply equal pressure, using your fingertips, to the tops of your left and right molars (back teeth) until the aligner snaps into place.
- Do NOT bite your aligners into position. This may damage them.

THE ALIGNER FITS WELL. FLUSH AGAINST THE TEETH

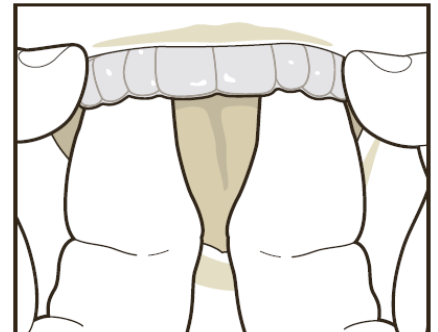
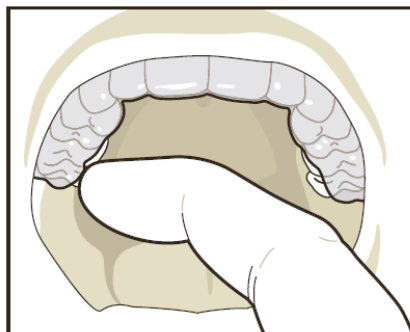
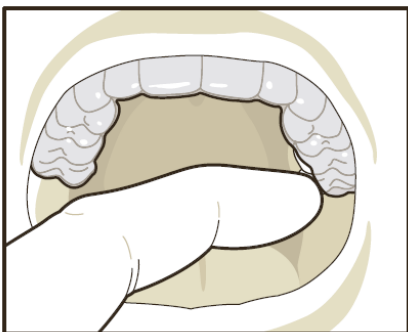


THE ALIGNER DOES NOT FIT. GAP INBETWEEN.



ALIGNER REMOVAL

- On one side of your mouth, use your fingertip on the inside of your back molar to slowly pull the aligner from your molars.
- Repeat this process on the other side of your mouth before trying to completely remove the aligner.
- Once the aligner is disengaged from the molars on both sides of your mouth, you should be able to slowly work your way forward gently prying the aligner away from your teeth with your fingertips.



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POND SQUARE DENTAL

ALIGNER WEAR

- Always start a new set of aligners before bedtime. Brush and floss your teeth as normal and then put the aligners in.
- Use the chewies, grinding and clenching firmly, in the morning and before bedtime; any other time is a bonus. The purpose of the chewies is to ensure that the aligners fit correctly. They will not fit correctly if you do not use chewies, and, your teeth will not move as planned. Keep your chewies in your box.



CLEANING YOUR ALIGNERS

The easiest way to clean your aligners is by using your toothbrush to scrub them clean. Do this twice daily. Additionally, to daily cleaning with the toothbrush you can clean Invisalign aligners by soaking them with Invisalign Crystals. A free sample of Invisalign Cleaning Crystals is included with your Invisalign new patient kit. Refills can be purchased as part of the Invisalign Cleaning System.

HOW TO USE THE INVISALIGN CLEANING CRYSTALS?

- Place your aligner under cold running water and gently rinse it to remove all food debris.
- Fill the Invisalign cleaning tub (or a small clean cup) with enough lukewarm water to submerge the aligner.
- Empty a packet of the Invisalign crystals into the cleaning tub.
- Place the aligner in this cleaning solution. We recommend 15 minutes of letting the aligner soak in this cleaning solution.
- Take out the aligner from the cleaning solution and rinse it again with cold water.

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POND SQUARE DENTAL

- Take a soft-bristled toothbrush and get the bristles very wet with tap water. Use this toothbrush to then gently scrub the aligner on both sides so that the leftover particles can be removed.
- Thoroughly rinse the aligner one final time. This guarantees they are fresh, clean, and ready to wear.
- Invisalign Cleaning Crystals can be used periodically when you want to give your Invisalign aligners a thorough cleaning.
- Cleaning crystals can be done once a day or maybe once every couple of days.
- You usually will begin with aligner #1. After wearing this aligner for the specified number of days, you will switch to aligner #2. (For the first 3 aligners please wear each of them for 14 days and your doctor will review the wearing time during your follow-up appointments).
- It's best to change your aligner at night, just before you plan on going to bed. When you're sleeping, you will experience less discomfort as your teeth will have to get used to each new aligner.
- It's a good idea to keep your most recent aligner nearby as an emergency backup, even after you've already used it for the specified number of days. That way if you happen to break or lose your current aligner you can use your backup to hold your teeth in place while arranging for a replacement.
- Invisalign aligners should be worn 20-22 hours per day.
- Remove them only while brushing your teeth, eating, snacking or drinking anything aside from water.

DISCOMFORT

Invisalign treatment is generally less painful than traditional metal braces, but patients often experience some degree of pain or discomfort during Invisalign treatment. In most cases, pain or discomfort will occur when the Invisalign aligners are first fitted and when aligner trays are changed about every two weeks. For most, discomfort is minor and will subside within a few days, while others may feel discomfort throughout treatment. Regardless of how long discomfort lasts, there are ways to help alleviate pain and make treatment more comfortable.

Medication

Over-the-counter pain medications, like acetaminophen are typically effective at reducing pain and discomfort during Invisalign treatment when taken as directed.

Cold compress

Placing a cold compress or ice pack on the cheeks can soothe the teeth, jaw, and gums when wearing Invisalign aligners and help reduce inflammation. Do so for short increments (no more than 20 minutes at a time), and if you are using ice, wrap it in a towel or cloth to prevent injuring the skin.

Drink cold water

Drinking cold water can help relieve discomfort inside the mouth. Swishing ice water can help reduce inflammation and provide the tissues inside the mouth some relief.

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POND SQUARE DENTAL

Suck on ice cubes

As with cold water, sucking on ice cubes can reduce pain. For those who feel pain after removing their aligners to eat or brush and floss their teeth, sucking on an ice cube before and after eating or cleaning the teeth is a good way to alleviate pain.

Avoid Hard or Crunchy Foods during Times of Soreness

Sometimes, foods that are very hard or crunchy can make the teeth, gums, and jaw sorer during times of discomfort.

Don't Avoid Chewing

Although really hard or crunchy foods can make pain worse, some people find relief through chewing foods, as a small amount of pressure can help reduce pain.

Sharp or Rough Aligner Edges Can Be Smoothed

Sometimes, the gums and inner cheeks can become irritated from the edges of Invisalign aligners. Typically, this happens only during the beginning of the treatment and will resolve as the tissues become accustomed to the aligners. However, sharp or rough aligner edges can be smoothed.

Please remember if you do not wear the aligners, this will prolong treatment, and increase the chance of additional aligner stages.

Please don't hesitate to contact us if any further questions.

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Pond Square Dental, 26 Highgate High Street, London N6 5JG
020 8348 9995 | info@pondsquare dental.co.uk | pondsquare dental.co.uk