

Andrea Ubhi Dental

Invisalign – Instructions for patients

Your teeth may be tender at first:

For the first few days, your teeth may become tender as they start to move. This is only temporary, and will settle down. New aligners are always of very tight fit, they will become a bit looser after a day or so of wearing them full time.

You may also get some ulcers in your mouth. Again, this only lasts a few days.

Do not use hot water to clean your aligners:

This will damage them; use your toothbrush and cold water, and Retainer-Brite.

Please change your aligners as advised:

You may have been given some aligners for you to change over the coming weeks. It is very important that you follow your orthodontist's advice carefully. If you lose them, this will delay your treatment and some cost may be involved.

Keep all of your old aligners in a safe place:

Sometimes, you may be advised to go back to a previous aligner, so please keep your aligners clean and safe after you have finished with them.

Remove your aligners for meals:

Aligners should be placed in your aligner box during main meals, and replaced immediately when you have finished. It is a good idea to brush your teeth after meal times, before replacing your aligners.

Be careful of what you drink with aligners in:

Avoid hot, fizzy or sugary drinks when you have your aligners in. Wash your teeth well after you finish your drink and wear your aligners immediately.

Use a fluoride mouthwash everyday:

Fluoride mouthwash helps to keep your teeth healthy during treatment. We advise that you use a mouthwash with 0.05% sodium fluoride after you brush your teeth and braces. We sell fluoride mouthwash at reception. Fluoride Gels could be advised upon in some cases.

If you have problems:

If you have any problems, e.g. if you have broken your braces, please telephone the practice on 01904 639667 during opening hours, and we will give you an appointment. If it outside opening hours, please leave a message on the answer machine, and we will get back to you as soon as possible.

Keep your appointments:

If you fail to attend, or cancel your appointment at short notice, it may be several weeks before we can arrange another one for you. If more than one appointment is missed without a valid reason, we may not be able to continue to provide treatment for you.

It is important that if you have a problem that you telephone us first. Please do not come to the practice without having telephoned us first, as we may not be able to see you immediately.

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