

ALIGNERS

Aligner wear:

Minimum 22 hours a day for change to occur as per estimated time frame - the more aligners are worn and seated correctly, the increased likelihood of teeth tracking correctly and shorter treatment time

- Take aligners out for main meals, can be left in for snacks
- Certain foods/drinks can cause aligner to discolour e.g. black coffee/curry

Use of chewy to seat aligners firmly and help teeth stay on track

Aligner care:

Avoid **HOT** water as this can cause aligner damage/distortion

Cleaning at least 2 x daily, like own teeth with toothbrush and **cold** water

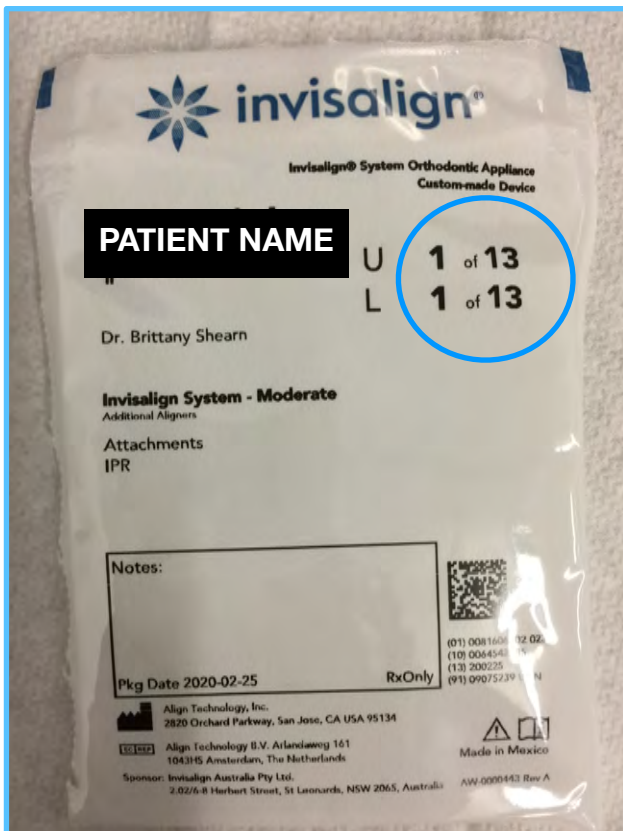
Don't play with aligner in the mouth with tongue - can cause aligner breakages/damage

Aligners in their case if not in the mouth so that we don't lose them - leave them out of direct sunlight

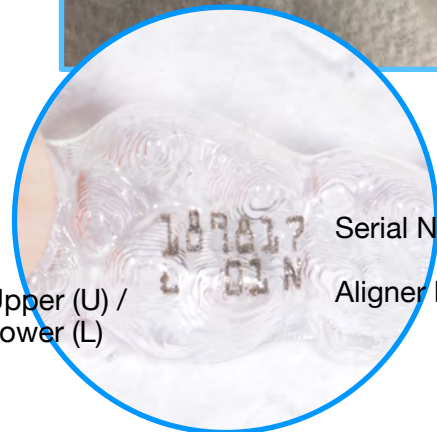
Cleaning aligners

Clean aligners 2 x daily, similarly with brushing teeth with toothbrush. If it is manageable, after lunchtime/school is good as well.

- If you notice that aligners are getting dirty quite quickly, you can soak them in 1/3 vinegar 2/3 water for 30 minutes



Aligner number of total set



Upper (U) / Lower (L)
Serial Number (Unique)
Aligner Number

Aligner number on aligner

What to expect & how to manage:

Be aware that sometimes excess glue can be left behind, and can flake off itself.

Some very hard foods can cause attachments to come off, however these can be replaced at your next visit.

Pressure from teeth movement:

- may require regular pain relief
- continue to eat well - try to have softer foods/smoothies due to initial increased pressure
- increased wear, generally decreases pressure as teeth move quicker into place

Be aware that teeth can be sore after initial appointment when aligners are not in. Please ensure proper nutrition during this time.

Abrasions/Ulcers from aligners/brackets/wires:

- Salt water mouth rinses: helps with healing and toughens skin to help withstand rough area
- Wax: covers area either on aligner or attachment, so that it is less rough/pointy
- Numbing gel: provides temporary relief on soft tissues
- Edges of aligners can sometimes be rough, this can be filed down with a regular nail file

The initial part is always the hardest, and that it gets easier. Attachments generally smooth off with the insertion/removal of aligners and become more comfortable

Demineralisation

Demineralisation can occur with poor oral hygiene and a high-sugar diet. Teeth will appear to have white marks i.e. demineralisation which is a result of plaque being left on the teeth and leeching the minerals from the tooth surface. These marks can develop into decay.

If we think that there is a risk that this might occur, we may have to pause/cease treatment.

Demineralisation



Mouth Ulcers & Abrasions



Ulcer - relieve with gel & salt water



Wax placed on area that is rubbing