

Congratulations on starting your Invisalign journey. This letter is designed to give you a better idea of what you can expect at your first appointment when you receive your aligners.

### Fitting your Attachments

You may require some 'attachments' to be placed on your teeth to help the aligners grip the teeth better and therefore move them more affectively. These are small tooth-coloured shapes that are glued to the teeth and will remain there for the duration of your treatment. The aligners fit smoothly and tightly over these attachments.



Attachments on the ClinCheck are red



Attachments in the mouth are tooth coloured

### Interdental Reduction (Filing)

As part of your treatment plan, we may need to carry out some reshaping of the teeth to create space. This is usually carried out with a thin file which removes small amounts of enamel allow the teeth to move.

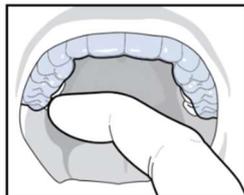


### Putting in your aligner and removing it

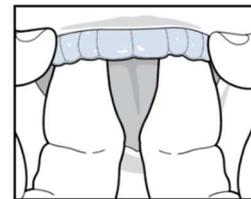
We will show you how to put in your aligners and take them out.



With your fingertip gently pull down your aligner on the inside of your back molar.



Repeat this process on the other side of your mouth.



Once the aligner is disengaged, slowly your way forward gently prying the aligner away from your teeth.

### Your aligners



We will give you your next 7-8 aligners, each aligner comes in a separate packet. You will be advised to wear your aligners for **20-22** hours each day, only removing them for eating, drinking anything other than cold water and brushing your teeth. If you wear your aligners as advised, then you should be on track to change your aligners every **7 days**

Each aligner is numbered so you should not get them muddled up. When you have finished with a set of aligners place them back in the correctly numbered packets.



## Recycling



At Cygnet we are striving to become more sustainable and have joined Spotlight Oral Care and Terracycle in a scheme to ensure your aligners do not go into lands fill or the ocean. Please bring your old aligners back at your next appointment so we can sterilise them and reprocess them in our recycling program.

## Taking care of your aligners

We will provide you will a box to keep your aligners safe in when they are not in your mouth. To keep your aligners clean, brush them and then rinse them with cold water every time you brush your teeth. **Do not use tooth paste on the aligners as this can scratch them.** We will also provide cleaning crystals which we would suggest using once a week to use to help keep the aligners fresh.



## Brushing

Take your aligners out to eat or drink anything but cold water. Before putting your aligners back in, if possible brush your teeth, if not have a glass of water to help wash any food out of your mouth, use an mouth wash or have some sugar free chewing gum.

## Chewies



Chewies are soft silicone rolls, when you chew on then them help to make the aligners fit better around your teeth. We would like you to chew on your chewies for 10-15 minutes a day. As they made of silicone you can wash them and reuse them.

## Aligners not fitting

If your aligners are not fitting correctly, try to use your chewies more in that area. If the problem doesn't resolve, please contact the practice as we may need to see you before your next scheduled appointment.



## Elastics

Sometimes we will ask you to wear elastics to help coordinate your bite, this may just be at night or sometimes all the time.



## My Invisalign app

Why not download the 'My Invisalign App'? This is a great tool to monitor your progress.



- Use the appointment tracker to keep track of upcoming appointments.
- Receive reminders & notifications to help you stay on track with your Invisalign treatment.
- View and share your progress video and before & after photos with friends and family.

We can also invite you to track your progress with our virtual care app. This allows you to upload photos of your teeth and whilst wearing your aligners so that the orthodontist can check you are on track and respond to any concerns you might have between appointments.