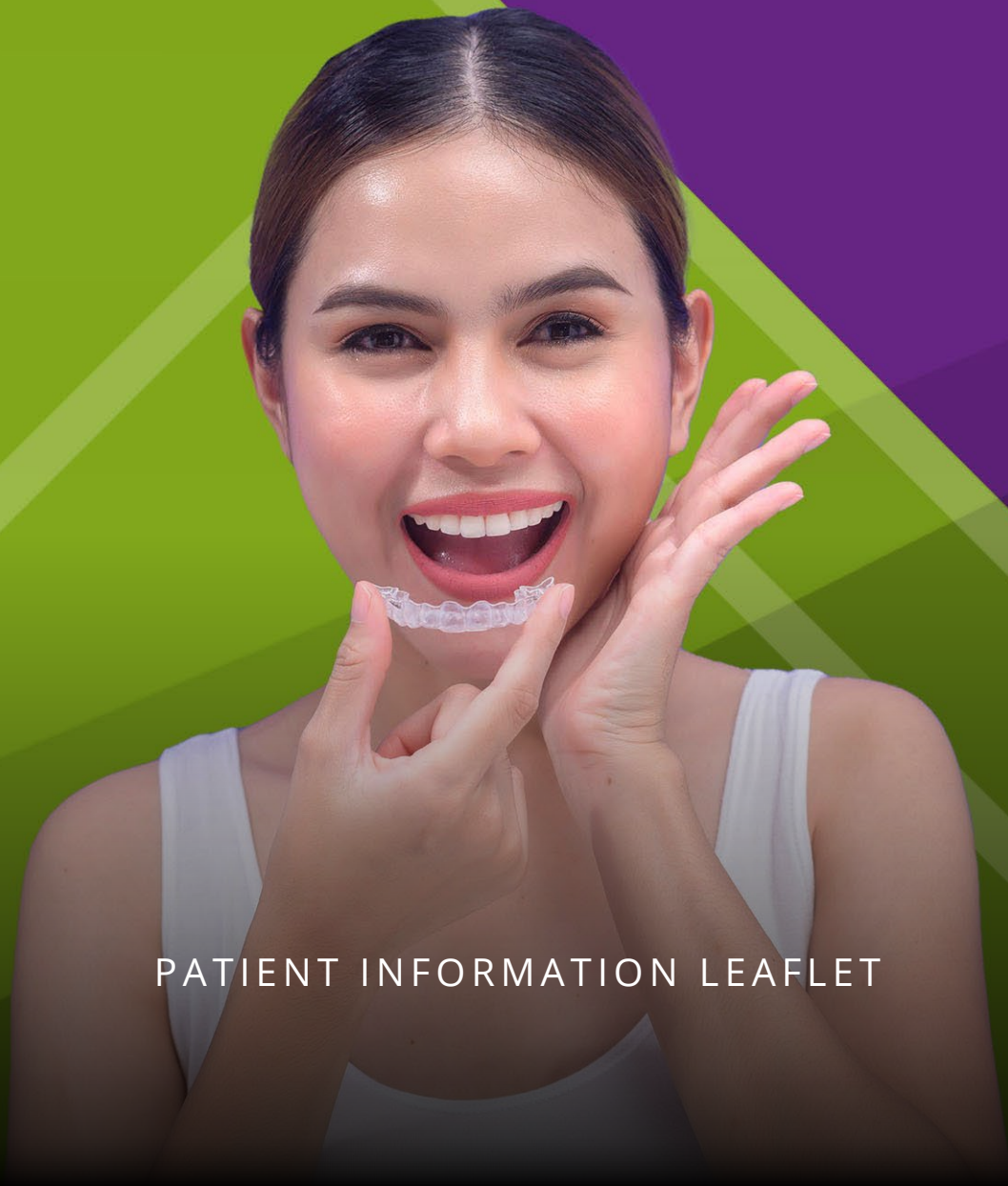


# Autograph

DENTAL CAMBRIDGE

## WEARING INVISALIGN ALIGNERS



PATIENT INFORMATION LEAFLET

# WEARING INVISALIGN ALIGNERS

## Instructions

You will be instructed on how to place and remove your aligners. Make sure no edges of the aligner become folded over when placing it. The aligners must be fully seated with no air gaps when in place.

Each bag and aligners are labelled with a number. Work through the aligners wearing each for as long as - we have advised of full time wear, day and night. Only remove to eat/drink and clean your teeth. It is important to keep the bag for each set of aligners. When you move onto the next aligner, clean the previous set of aligners well, allow to dry and place them back in the relevant bag.

Use the aligner box to store your current aligners when you remove them to eat or drink. Do not wrap the aligners in tissue as they may be thrown away accidentally.

If you lose or break the set of aligners you are wearing, move onto the next set of aligners. They will be tight but persevere and they will fit better with time. If you are unable to move to the next set, then take the previous set that you kept and wear those - please also contact the practice for further advice. If you are required to attend the practice, please bring your aligners with you.

If any sharp edges develop, use an emery board to smooth them, or contact the practice.



## Important Do's & Don'ts

- **DO NOT** throw away the aligner bags.
- **DO NOT** throw away old aligners, store them in the relevant labelled bag.
- **DO** place your aligners in the aligner box when eating or drinking.
- **DO** contact the practice if you have any concerns.



# WEARING INVISALIGN ALIGNERS

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## Cleaning Your Aligners & Oral Hygiene

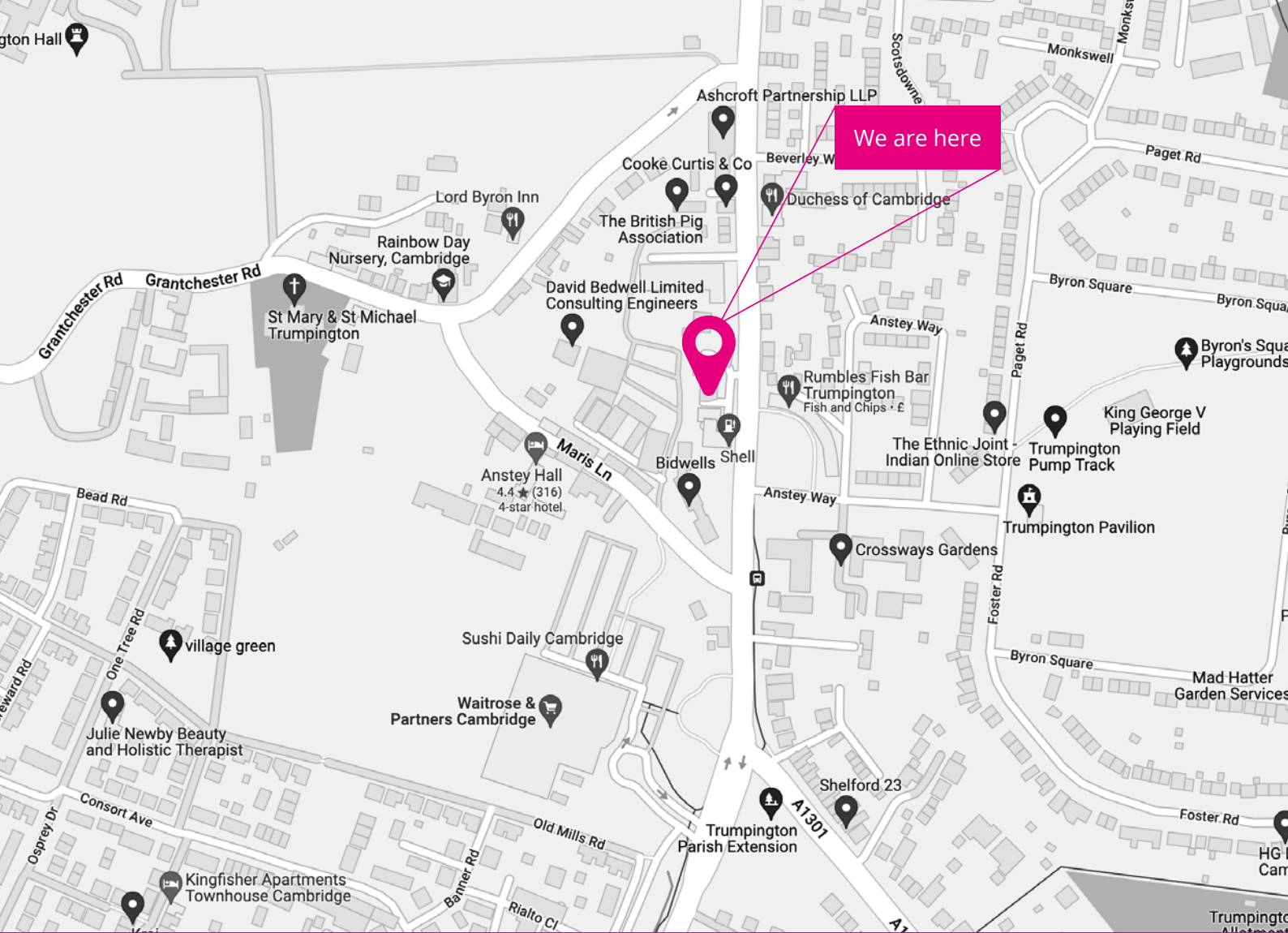
Use your toothbrush and a small amount of toothpaste to brush inside and out of the aligners twice a day.

Do not use hot water to rinse them as this could damage the aligners.



In some cases, you may wear your aligners for longer. If this is the case, it is best to disinfect them. Use Retainer Brite (available from the practice & can be sent in the post to you) or denture cleaning tablets. Soak them for 10-15 minutes in a solution of 1 tablet in a tumbler of cold water. Retainer Brite can be used weekly should you wish.

Remove the aligners to eat and drink except when drinking water. It is important to rinse your mouth with a fluoride mouthwash or brush your teeth before placing them back in your mouth.



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