

Things to Consider During Clear Aligner (Invisalign) Treatment

Please insert and remove your clear aligners carefully, as shown by your dentist. Your upper aligner is marked with the letter “U”, and your lower aligner is marked with the letter “L”. Please make sure to place the correct aligner on the correct jaw.

Do not bring your teeth into contact before making sure that your clear aligners are fully seated. Otherwise, fractures or cracks may occur in the aligners.

When removing your clear aligners, apply gentle force from the inner parts of the aligner, on both the right and left sides, by placing your fingernail between the gum line and the edge of the aligner.

Wear your clear aligners for the number of days recommended by your dentist. Avoid wearing them for fewer or more days than instructed.

Except when eating, brushing your teeth, or drinking hot beverages, please make sure to wear your clear aligners for at least 20 hours a day.

When placing your clear aligners in their case, do not place them on top of each other. Place them side by side, nested inside each other.

You may consume non-hot beverages while wearing your clear aligners. Hot beverages are not recommended, as they may deform the shape of the aligner being used.

Even if it is only a snack, it is important that you do not eat anything while wearing your clear aligners in order to prevent damage to the aligner.

Brushing your teeth after eating and then wearing your aligner helps prevent discoloration and odor formation in your aligner.

If you are unable to brush your teeth after a meal, and if discoloration or odor occurs in your aligner that causes discomfort, you may clean your aligner under cold running tap water using liquid soap and a toothbrush that has not previously come into contact with toothpaste. In cases where you cannot brush your teeth, we recommend that you at least rinse your mouth with water before putting your aligner back in.

Yellowing may occur due to smoking while wearing your clear aligners. However, this will not cause a serious problem, as the aligners will be replaced with new ones every 7–14 days.

During clear aligner treatment, your speech may be slightly affected during the first week. However, as you get used to the aligner, improvement in your speech will be observed.

At the beginning of clear aligner treatment, it is normal to experience some pain due to the pressure created by the aligner inside the mouth. In such cases, you may use the painkiller recommended by your dentist.

After the usage period of your clear aligners has ended, do not throw them away under any circumstances. Please keep the expired aligner in the aligner pouch provided to you, paying attention to the number written on the clear aligner pouch.

After changing your clear aligner, do not forget to perform your chewing exercises with the chewing appliance provided to you, as shown by your dentist, 2–3 times a day for the first 2–3 days.

If any of the attachments bonded to your teeth fall off during the initial stage of your clear aligner treatment, please call and inform your doctor.

If you develop a cold sore, even if it is on the day of your appointment, please call our clinic and inform our team.

Your clear aligners are made of polyurethane consisting of methylene diphenyl diisocyanate and 1,6-hexanediol. They do not contain Bisphenol-A or phthalates, which are used in baby bottles and plastic bottles and have been banned by Canada, the USA, and the European Union due to their association with many health problems. Therefore, you can use your clear aligners safely.