

Invisalign Frequently Asked Questions

This document includes some instructions for wearing your Invisalign and some answers to our most commonly asked questions.

Q. How does it work?

Invisalign is effectively a series of clear aligners, each one slightly the wrong shape for your teeth. As such when seated on your teeth, they apply pressure to the teeth and cause them to move. 7 days later you change to a new aligner, and so the process continues. The design of the movements is dictated by a digital outcome that you approve of. That way you gave complete confidence that you have been involved in the design of your new smile.

Q. Is it painful?

Invisalign wear is not painful. When placing a new aligner, you will experience a tight feeling on your teeth and a slight ache. This is because each aligner is effectively the wrong fit for your teeth and your teeth will move to fit each new aligner. This ache disappears after the first day or 2 and does not usually require any pain relief. Sometimes people experience some soreness when their lips rub against the edges of their aligners. This is uncommon but if it occurs it usually disappears after 4 or 5 days when the skin toughens up. This can also be remedied by using a nail file on the offending edge of the aligner.

Q. How do I keep them clean?

Toothbrush and water. Do not use boiling water as it will warp your aligner! Tablets are available to purchase from our reception to keep retainers clean but most patients just use a toothbrush and water. By the time the aligner is beginning to get a little stained, it is usually time for your new aligner.

Q. How often do I change my aligners?

Change your aligners after 7 days of wear. Always keep your old aligners back in their bags just in case we run into any complications.

Q. How do I take my aligners out?

Stick one finger in at the back corner of your mouth and unclip the aligner from your very back tooth. Do the same on the other side and then peel the aligner away from your teeth. A reasonable amount of force is required for this. Don't be shy. You won't break your teeth and you won't break your aligners. Over time you will develop your knack for getting them in and out but this is a good beginners guide.

Q. What if I lose an aligner?

Commonly, people out for a meal have been known to stick them in a napkin and they get thrown away. If you place them in the case this won't happen. If you do lose one, simply get in touch and we will advise you depending on where you are in your treatment sequence.

Q. Can I drink with them in?

We would advise to only drink water when wearing aligners and remove them when drinking any other liquids, sugary drinks can harbour underneath an aligner and may cause issues, such as decay. Any liquids that are coloured are probably best avoided as this can stain your aligner (unless it is the last few days of aligner wear and you are due to change soon).

Q. What dentistry is required?

Attachments and IPR. Attachments are Invisalign's version of the silver brackets you get with metal braces. They are little blocks of white filling material that are bonded onto the teeth in specific sites to allow the aligner to engage with the tooth more positively. They are used to correct rotations and to add anchorage (extra grip) to other teeth. They are very discrete, essential to treatment, do not harm the tooth, and are removed at the end of treatment. IPR stands for interproximal reduction. This means the removal of some tooth tissue between the teeth which allows them to move freely past each other. The maximum amount of IPR prescribed with Invisalign is 0.5mm per site. This means 0.25mm from each surface of the tooth, which is a quarter of a millimetre. No anaesthesia is required and it is usually not an uncomfortable procedure.

Q. Will my teeth move back after Invisalign?

Without retention (wearing retainers), there is a high chance that the tooth movements will relapse.

Q. Does treatment always go according to plan?

We always achieve the result that we were aiming for. On occasion, complications can arise which make the treatment take longer than first hoped. Certain tooth movements are difficult to achieve and it is these that need to be managed carefully. The main factor that can affect treatment success is that the aligners are worn. If the aligners are living in their case more than on the teeth, we will not achieve our goal! It is essential that unless brushing eating, the aligners are worn at all times.

Q. How often will I need to come for appointments?

Once you are fitted with your aligners and your attachments and IPR have been carried out we typically review patients via the virtual care app. We will monitor progress and arrange review appointments in practice at different stages of your treatment plan.

Q. What is a typical appointment sequence?

Once treatment has been agreed upon, the following clinical appointment series will take place:

1. First aligner fit, attachments, and possibly IPR
2. Set up Virtual Care app, instructions sent via email. Send photos and review weekly through the app
3. Arrange appointments as and when required in the practice
4. Attachments off and scan for either refinement if needing to or removal and scan for temp retainers for whitening.
5. Once whitening is complete at the end of treatment and the patient is happy scan for viveras
6. Fit retainer

Q. What if I don't like the result?

Your case will always be progressing towards a ClinCheck that you have approved, as such, it is highly unlikely we deliver any surprises. In addition, Invisalign is a phase-driven process. Once we reach the end of a phase, new scans are taken and we evolve and develop a new ClinCheck for you to approve. In essence, you are always completely involved in the direction of your treatment. We often refer to these stages as a refinement plan.

Q. What level of experience has Edinburgh Dental Studio had with Invisalign?

The team have been placing Invisalign for many years and are regarded as one of the leading Invisalign practices in Edinburgh. We have attained Platinum Elite status which is a reflection of his experience in the field of Invisalign.

Q. What is virtual care?

Invisalign Virtual Care has just taken Invisalign treatment tracking to the next level! The 'My Invisalign' mobile phone app has some amazing features that will feel like you've taken your care team home to keep an eye on your aligner wear and your tooth movement – whilst giving you the freedom to visit us less often. 'My Invisalign' App can be used by ALL Invisalign Patients to elevate their treatment process. 'Invisalign Virtual Care' is built into the app and your clinician will tell you if your case is suitable to be enrolled in it.

PERSONALISED TREATMENT CALENDAR

Take control of your aligner treatment and customise your appointments, aligner changes, and other treatment events!

CUSTOMISED ALIGNER TRACKER

Use the aligner tracker to stay compliant with your orthodontist's recommended wear time. Hold yourself accountable to the minimum hours of wear by logging when your aligners are in and when your aligners are out. You're in control of the 'Total Wear Hours'.

SAVE PHOTOS

We'll give you a cheek retractor and teach you how to take orthodontic pictures so that you can save photos and comments as you progress to your new smile! You can share your photos and videos with your friends and family from the app too! You'll be reminded to take photos before your aligner changes too so that your clinician can match your treatment progress with your planned tooth movement to your Invisalign ClinCheck!

REMINDERS AND NOTIFICATIONS

Virtual Care will help you stay on track with your aligner changes, your appointments, and any other treatment requirements – staying on track will keep your treatment moving as expected. Efficient treatment can be so much faster!