

## Frequently Asked Questions

### What is Invisalign and how does it work?

Invisalign is a series of discrete clear plastic aligners which are changed weekly or fortnightly, each aligner is different and unique to that patient which allows the teeth to align. Attachments are placed on the teeth which, like the brackets of a metal train track brace, creates a force on that tooth allowing it to move.



### Can anyone have treatment with Invisalign?

In most instances yes, however some cases may require a fixed brace (metal or ceramic) to achieve the desired final result. The specialist orthodontist will advise which course of treatment will give the best outcome at the assessment appointment.

### Is there specific training required by dentist to provide Invisalign?

Although dentists can provide Invisalign treatment after receiving the training, they are not specialist orthodontists. Specialist orthodontists are trained for a further three years after becoming dentists. They need to study for three years, take an exam, and pass to qualify prior to being permitted to join the Specialist Orthodontic register in the UK. Francis Scriven has a further 15 years of experience post joining this register and has many years of experience in providing Invisalign treatments.

### Does Invisalign hurt?

The aligners are designed to be smooth within the mouth, however they are creating movement with the teeth. This can make the teeth feel achy and sometimes sore, we would recommend patients to take normal over the counter pain relief such as would be taken for a headache.

### Can I eat and drink with the aligners in?

No. You will need to remove your aligners for eating and drinking anything other than water. We also recommend taking your aligners out if you smoke as it will stain them, but remember they must be in your mouth at least 22 hours a day. Taking them in and out a lot adds up!

### Can I still have Invisalign if I have crowns or a bridge?

Generally, this is not an issue. Depending on where the bridge or crowns are will have an effect on the treatment. Invisalign offers the flexibility to move some teeth and not others.

### Can I chew gum with the aligners in?

No, gum will stick to the aligners.

### Will wearing the aligners change my speech?

Like all orthodontic treatments, aligners may temporarily affect the speech of some people, and you may have a slight lisp for a day or two. However, as your tongue gets used to having aligners in your mouth, any lisp caused by the aligners should disappear.

### **How do I look after my aligners?**

If the aligners are not in your mouth, keep them in the box provided as leaving them on the side wrapped in a tissue or loose can either lead to accidental discarding or they may be eaten by pets! They are clear and can easily be lost. Always put them in and take them out using your fingers, (pushing them firmly into place, aided by using the "chewies" given to you at your first appointment. There should be no gaps between the plastic and your teeth) as biting aligners or retainers into place or flicking them out with your tongue will eventually result in the aligners or retainers breaking over time. Keep aligners or retainers away from heat sources.

### **How do I clean them?**

In the morning rinse the aligners or retainers with cold water and brush them with a toothbrush, which is not used for tooth cleaning as toothpaste can crack the plastic. We advise patients to use Retainer Brite or denture cleaning tablets to clean the aligners at least once a week to keep them fresh. Retainer Brite helps keep the aligners or retainers clean, removes plaque, tartar and kills bacteria. Always use cold water to clean the aligners or retainers as warm or hot water can cause the plastic to crack or distort. Retainer Brite can be purchased from any of our practices for £6.75 for 36 tablets (purchase over the phone and receive by post excluded p&p).

### **What do I do if I lose my aligner?**

1. Try moving onto your next aligner, it may feel tight, but as long as it "seats" fully over the teeth continue with this aligner, but for extra time.
2. If it does not "seat" well, go back one aligner and contact the practice informing us which aligner has been lost or broken.
3. There is a nominal charge for replacement, currently £25 per single aligner.
4. Once we are aware and taken payment we will order and post out to you. This could take up to 10 days.

### **What happens if an attachment comes off?**

Please call us to make an appointment as soon as possible and we will need to know what number aligner you are on to enable us to order the template for reapplying the attachment at that stage of your treatment. This could take up to 10 days.

### **What happens after treatment to prevent my teeth from moving?**

Retention is an essential part of orthodontic treatment. A thin undetectable retention wire is bonded to the back of the front upper and lower teeth to ensure no tooth movement. A retainer, similar to the Invisalign aligner, must be worn at night as a 'back up' to the retention wire.

### **How long do you have to wear the retainer and wire?**

For as long as you want your teeth to stay straight.

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