BEACONSFIELD
DENTAL

AFTERCARE

CLEAR ALIGNERS · AFTERCARE GUIDE

So you just got your aligners, what's next?

A few simple habits to keep your aligners working, your teeth healthy and your treatment on track.

Pain and soreness

It is normal for your teeth to feel a little tight or tender when you start a new aligner. This is a sign that your aligners are working! This discomfort is usually mild and should settle within a few days. To help relieve discomfort:

- Keep wearing your aligners as instructed.
- If an edge of your aligner is rubbing your cheek or lip, contact us for advice.
- Drink cool water.
- If needed, take an appropriate over-the-counter pain reliever according to the packet directions and advice from your doctor or pharmacist.

Eating and drinking

Always remove your aligners before eating. You can eat normally once your aligners are removed.

While wearing your aligners

Plain water is OK to drink. However, avoid other drinks, including:

Soft drinks · Juice · Coffee · Tea · Sports drinks · Flavoured water

Why it matters

Food and sugary or acidic drinks trapped against your teeth under an aligner can increase the risk of tooth decay and staining.

Looking after your aligners

- Remove your aligners using your fingers. Avoid using sharp objects.
- Rinse your aligners with cool or lukewarm water.
- Clean your aligners as instructed by your dentist.
- Store them in their case whenever they are not in your mouth.
- Keep your aligners away from pets. Dogs in particular love to chew them!

⚠ **Never use hot water.** Hot water can distort your aligners and affect their fit.

Keep your teeth clean

- Brush with fluoride toothpaste at least twice a day.
- Floss every day!
- Clean your teeth before putting your aligners back in after eating or sugary drinks.
- Continue seeing your regular dentist for routine dental check-ups.

Any questions? Give us a call.

Our team at the practice would be happy to assist.

(03) 9707 3508