

PATIENT INFO PACK FOR CLEAR ALIGNERS

norwest
Orthodontics 
Orthodontics & Dentofacial Orthopaedics for Adults & Children



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Congratulations on starting your orthodontic journey. This is the first step to a beautiful, healthy and amazing looking smile. At Norwest Orthodontics we believe that successful orthodontic treatment depends upon your understanding and co-operation. To make sure our journey is as easy as possible please follow some of the simple tips included in this booklet.

Clear aligners are the clear alternative to braces that can help you achieve a straighter smile. Clear aligners use a series of clear, custom-made aligners to gradually move your teeth into their desired position. You will be issued a series of aligners today which you simply change yourself every two weeks to gradually move the teeth. We will be scheduling regular appointments, usually once every 6-8 weeks, to issue you the next set of aligners and to ensure your progress is on track.

Most people experience temporary minor discomfort at the beginning of each new stage of treatment. This short-term effect is normal and is typically described as a feeling of pressure. Like all orthodontic treatment, 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 or minor speech impediment caused by the aligners should disappear.

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How often should I wear the aligners?

Aligners should be worn all the time, day and night, unless eating, drinking (can only drink water with aligners on), brushing and flossing.

ORAL HYGIENE CARE

Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums. Healthy teeth not only look good but they make it possible to eat and speak properly. Therefore good oral health is important to our overall wellbeing. Daily preventive care, including proper brushing and flossing, will help stop problems before they develop and will keep your smile looking beautiful while preventing bad breath.

A significant advantage of choosing clear aligners is that your aligners are removable, making the maintenance of good oral hygiene easy. While carrying out your oral hygiene regime it is important to ensure that tooth surfaces are cleaned well, including in between your teeth and at the gum line. This will prevent the build-up of plaque which can result in gum inflammation and tooth decay.

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Do I still need to see my dentist?

It is important that you maintain regular visits to your family dentist during your orthodontic treatment to ensure oral health is maintained. Orthodontic treatment may need to be put on hold or stopped altogether if there is a significant deterioration in your oral health during the active treatment period.

TIPS FOR A BEAUTIFUL SMILE

1 Remove your aligners and elastics (if any).

2 Using interdental brushes or floss, clean in between your teeth.

3 Place a pea-size amount of fluoride-containing toothpaste on a small soft toothbrush.



4 Place the bristles of the toothbrush at an angle of 45 degrees towards the gum line. Gently brush along the gumline where the gums and teeth meet using a small circular motion.

5 Flick the bristles of the toothbrush away from the gumline gently and towards the biting surface of the tooth to ensure the entire tooth surface is clean.



6 Pay close attention to those teeth with the attachments. Remember to be extra gentle and clean on and around each attachment.

7 Spend about 10 seconds on each tooth before moving onto the next tooth and ensure you do not miss any teeth.



8 Brush both inside and outside surfaces of your teeth.

9 For the biting surface use a firm back and forth motion.

10 Spit out excess paste and do not rinse out with water. Allow the fluoride to stay on the teeth as it helps strengthen the enamel.

CARING FOR YOUR ALIGNERS

Cleaning your aligners will become a part of your daily oral hygiene regime. Your aligners should be cleaned each time you brush your own teeth – after breakfast, after each meal and right before bed.



1 Remove your aligners.

2 Using a soft toothbrush and cold water gently brush your aligners to remove any visible debris and plaque. You may use a pea-sized amount of toothpaste occasionally if the aligners begin to smell unpleasant.



3 Gently rinse the aligners with cold water.

4 Inspect the aligners to check that they are clean.



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What are the aligners made of?

The aligners are a clear, strong, non-toxic and medical grade plastic material. They are so discreet that others may not even notice you have them on!

DIET

Diet can play a major role in oral health. Foods high in sugar are the worst for teeth when it comes to the development of decay. Bacteria in the mouth metabolize these sugars to produce acid. The mouth can become more acidic which over time results in cavities. While undergoing clear aligner treatment you need to limit eating foods that could increase your risk of cavities.

A balanced diet is important for healthy teeth, gums and general wellbeing. However, if your teeth are slightly tender during your treatment, eating soft foods or cutting food into smaller pieces will help.

You should remove your aligners when eating and drinking to prevent damage or staining of the aligners. Drinking anything other than water while your aligners are in increases the chance of tooth decay. Whenever you remove the aligners to eat or drink ensure you keep them in their storage case. Do not wrap your aligners in tissues.

Another great thing about clear aligners is that there are very little restrictions when it comes to your diet. However, the attachments on your teeth can break or detach from the tooth. To prevent this please avoid anything too hard or sticky. These include foods such as hard lollies (Minties, Redskins, Mentos, etc.), nuts, etc.



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Can I chew gum with my aligners in?

No, chewing gum will stick to the aligners. We recommend removing your aligners when eating or drinking anything except water.

CLEAR ALIGNER EMERGENCIES

Clear aligner orthodontic emergencies may occur occasionally. However, they are usually simple to treat.

Common Emergencies

Management

PAIN AFTER GETTING ALIGNERS OR WHEN CHANGING ALIGNERS

It is normal to feel some discomfort for a day or two after starting clear aligners. Over-the-counter pain relievers may be encouraged and over-the-counter pain relievers may be effective.

MOUTH SORES

These may be precipitated by irritation from the aligners. Prompt relief may be achieved by applying a protective wax (e.g. Ora-Gel) directly to the sore area using a cotton swab. This can be reapplied as needed. Over-the-counter pain relievers may be effective.

ALIGNER BROKEN

Place the broken aligner in its bag and bring it to your next appointment. If the aligner is broken, replace it with the aligner that is not broken. This will mean that the aligner that replaces the broken aligner will be the next aligner in the sequence. If the upper number 4 aligner has broken, replace it with the upper number 5 aligner. If the lower number 4 aligner has broken, replace it with the lower number 5 aligner.

ATTACHMENT CAME OFF TOOTH

Continue to wear your aligners. Contact us immediately to make an emergency appointment.

SHARP EDGES ON ALIGNERS

Contact us immediately to make an emergency appointment. Bring your aligners to the appointment.

ALIGNER NOT FITTING

Contact us immediately to make an emergency appointment. Bring your aligners to the appointment.

BROKEN FIXED RETAINER OR REMOVABLE RETAINER

Contact us immediately to make an emergency appointment. Bring your aligners to the appointment.



aligners or when changing aligners. Discomfort is both normal and temporary. Soft foods are

may be achieved by applying a small amount of topical anaesthetic (such as Orabase, Difflam or
lied as needed. Warm salt-water rinses can be helpful and over-the counter pain relievers may

. Replace the broken aligner with the next aligner that is due to be worn, and continue wearing
d the broken one will be worn for longer. Refer to the example below:

per 5 aligner but continue to wear the lower number 4 aligner. When the time comes to replace
d continue to wear the upper number 5 aligner.

emergency appointment. Bring your aligners with you.


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our aligners with you.

ur retainers with you.








ALIGNER LOG

Each set of aligners you are given should be worn for two weeks. This log will help you keep track of how long you have had each set of aligners on. After two weeks is up, tick the 'completed' section, place the aligners back in their bag and bring them in for your next visit.

| ALIGNER NUMBER | START DATE | END DATE | COMPLETED  |
|----------------|------------|----------|---|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
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| 18 | | | |
| 19 | | | |
| 20 | | | |
| 21 | | | |
| 22 | | | |
| 23 | | | |
| 24 | | | |
| 25 | | | |

| ALIGNER NUMBER | START DATE | END DATE | COMPLETED  |
|----------------|------------|----------|--|
| 26 | | | |
| 27 | | | |
| 28 | | | |
| 29 | | | |
| 30 | | | |

CLEAR ALIGNER SUCCESS CHECKLIST

-  Wear aligners at least 22 hours daily
-  Change aligners approximately every 2 weeks
-  Attend your appointments as scheduled
-  Remove aligners when eating or drinking anything other than water
-  Clean aligners using a soft toothbrush, toothpaste and warm water or as instructed
-  Brush teeth before putting aligners back in
-  Follow Dr. Shimanto's instructions regarding your retainers

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The technology for orthodontic treatment without braces was envisioned in 1945 by an American Orthodontist Dr. H.D. Kesling. Invisalign was founded in 1997 and uses advanced technology and a series of customised aligners to move the teeth.

CARING FOR RETAINERS

After your active clear aligner treatment ends you will be given retainers. Retainers are an important part of orthodontic treatment. Retainers maintain the teeth in their new positions while the teeth stabilise. These retainers may be fixed, removable or both. Follow Dr. Shimanto's instructions on retainer wear as it's the best way to keep your teeth looking fabulous. If you have a fixed retainer interdental aids may be convenient to use. These include products such as Pixsters and Superfloss. If you are issued with a removable retainer it is important to keep it clean. Every time you brush your teeth make sure you brush your retainer as well with a soft toothbrush and cold water. If you begin to notice an unpleasant odour, a small pea-sized amount of toothpaste can be used when cleaning the retainer.



STERILISATION

At Norwest Orthodontics our patients' wellbeing is our priority. That's why the cleanliness of our environment is of the utmost importance and something we pride ourselves on maintaining at all times.

- We ensure all our staff are trained in the latest infection control procedures and wear appropriate safety garments when treating patients.
- All our instruments are sterilised after every use or are single use only.
- Our staff is committed to providing a hygienic environment for all our patients.

TOOTHBRUSHES

We request all patients to brush their teeth before coming to their appointments. We have a range of toothbrushes available for purchase and a toothbrush bay in the practice where you can clean your teeth.

APPOINTMENTS

We have a SMS reminder service to help remind you of your next appointment. The length of time we will schedule for you depends on the procedure that has been prescribed for you. You will be seen at regular intervals during the course of your treatment. It is very important to keep your appointments so we can complete your treatment as scheduled.

OUR FLEXIBLE INTEREST FREE PAYMENT PLAN

Financial constraints should not inhibit your ability to achieve the smile you desire. We understand this and offer a range of flexible interest free payment plans to allow you to pay for the service over time. Typically there is an initial deposit required at the start of treatment and the balance is paid in monthly instalments during the course of treatment. Please speak to your treatment coordinator or Shivi Dev, our Practice Manager, to discuss any queries in relation to your payment plan.

Health Insurance

Norwest Orthodontic's primary focus is the wellbeing of our patients. The orthodontic plan prescribed is based upon providing you with the best possible treatment tailored to your individual circumstances and needs. As a specialist clinic we are committed to providing the highest level of specialist care and treatment for our patients. We are not allied to any health insurers nor able to process rebates on site. We can provide you with a payment receipt which you can lodge with your health insurer to allow you to receive your rebate directly. Should you require assistance with claiming we can provide you with any necessary documentation.

Payment Options

For your convenience we accept payments in cash, cheque, credit card, EFTPOS and direct debit. Please note there is an additional 2% surcharge on all credit card payments.



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Famous Orthodontic Patients:
- Emma Watson, Katy Perry,
Justin Bieber, Dakota Fanning
and more

PARKING

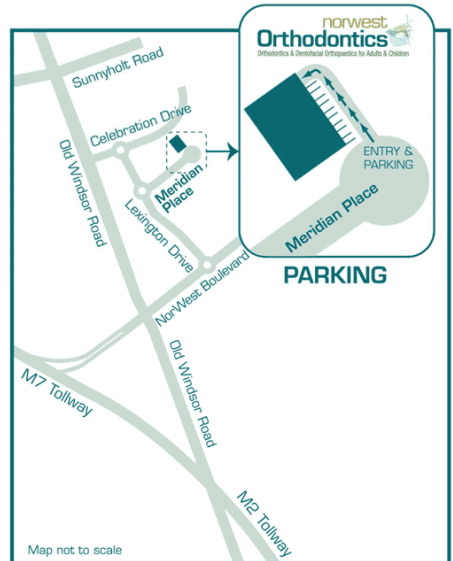
Parking is available at the front of the practice building. There is also parking underground.

PRACTICE HOURS

Mon – Thurs 8.00 am – 6.00 pm

Fri 9.00 am – 1.00 pm

Saturday - Consultation only by prior appointment.



Please visit our website for further detailed information and helpful tips to help you understand orthodontic treatment better. We look forward to seeing you at your next visit!



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