

PATIENT INFORMATION · COSMETIC DENTISTRY

Invisalign clear aligners

A series of clear, removable aligners, planned from a 3D scan of your teeth.

What is it?

Invisalign uses a series of custom-made clear aligners, each slightly different, to move teeth gradually. Each set is worn for about one to two weeks before you change to the next. Treatment is planned from a 3D scan, so you can see the planned movements before you start.

Treatment can take from several months to a year or more, depending on how much your teeth need to move.

Who it may help

- ✓ Adults and teens with crowded, gappy or crooked teeth
- ✓ Some bite problems, assessed case by case
- ✓ People who would prefer removable aligners

Suitability depends on your individual situation and is confirmed after an examination.

How it works



- 1 Crowded, crooked or gappy teeth.



- 2 A 3D scan is used to plan each small tooth movement.



- 3 A series of clear aligners is made. Each set moves the teeth a small amount.



- 4 Each set is worn about 20–22 hours a day, as directed, with regular reviews of progress.

Simplified illustration, not to scale. Your own treatment may differ.

What to expect

- 1 **Consultation.** Your dentist checks your teeth and bite, talks through your goals and whether Invisalign suits you.
- 2 **3D planning.** A 3D scan is used to plan each tooth movement and make your series of aligners.
- 3 **Wearing your aligners.** You wear them about 20 to 22 hours a day, taking them out to eat, drink anything other than water, brush and floss.
- 4 **Reviews.** Regular visits check your progress and provide your next aligners.

Things to consider

- **Wear time matters:** aligners only work while you wear them
- **Not every case:** some bite problems need other orthodontic treatment
- **Retainers:** teeth can drift back, so a retainer is usually recommended afterwards

Aftercare

- ✓ **Wear as directed:** keep to the hours your dentist recommends
- ✓ **Clean hands:** always use clean hands when handling your aligners
- ✓ **Brush before you put them back:** to help prevent plaque build-up and staining
- ✓ **Cleaning aligners:** rinse daily with lukewarm water and mild soap; avoid toothpaste, which can scratch them

General guidance only. Always follow the specific instructions your dentist gives you.

Costs & health funds

Fees depend on your treatment and are confirmed after an examination, with a written estimate before planned treatment starts. Your health fund rebate depends on your fund, level of extras cover, annual limits and waiting periods. We can claim on the spot with Tyro, so on the day you pay any gap. All health funds are welcome.

Questions to ask your dentist

- ? Am I suitable for Invisalign?
- ? How long is my treatment likely to take?
- ? How often will I need reviews?
- ? What happens if I lose or break an aligner?
- ? What retainer will I need afterwards?
- ? What will it cost, and what might my fund cover?

Before your appointment

- ✓ Think about what you'd like to change, and bring a list of questions
- ✓ Your 3D scan lets you see the planned movements before you start
- ✓ Plan for wearing aligners about 20 to 22 hours a day, removing them to eat and drink anything other than water
- ✓ Ask what retainer you'll need afterwards
- ✓ Your Medicare card and health fund card, for on-the-spot claiming with Tyro
- ✓ A DVA or concession card, if you have one
- ✓ A list of your medicines, including blood thinners and supplements
- ✓ Tell us about any changes to your health or medicines since your last visit

General guidance only. Always follow your dentist's specific instructions.

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