LUSSO

DENTAL

Clear Aligners

Before and After Care

LUSSO DENTAL · WEST BYFLEET

54 Station Approach, West Byfleet, Surrey KT14 6NE · lusso.dental

CLEAR ALIGNERS

Your care guide

Clear aligners are a series of thin, removable plastic trays that gradually move your teeth into a planned position. They must be worn for 20 to 22 hours a day, and retainers are needed for life to keep the result.

> Please read this leaflet before your appointment and keep it for afterwards. If anything here is different from what your dentist has told you, follow your dentist's advice.

PREPARING

Before your appointment

- Have a check up and hygiene visit; any decay or gum disease must be treated first.
- Think about how you will wear aligners 20 to 22 hours a day around work and social life.
- Tell us about any jaw clicking, pain or past orthodontic treatment.
- Tell us about any changes to your health or medicines, including bisphosphonates.
- Buy a soft toothbrush, interdental brushes and a travel case.
- Download the remote monitoring app if we have asked you to use one.

On the day

- We clean the teeth and bond attachments using a template.
- Any IPR planned for this stage is carried out.
- We fit your first aligners and show you how to put them in and take them out.
- You leave with your aligners, a case and written instructions.

RECOVERY TIMELINE

After your treatment

WHEN	WHAT TO EXPECT AND DO
First two to three days	Teeth often feel tight and tender. Soft foods help. Use paracetamol or ibuprofen per pack instructions if needed.
First week	Speech settles and you get used to taking aligners in and out. Wear them 20 to 22 hours a day.
Each new aligner	Expect pressure for a day or two. Changing aligners at bedtime can help.
During treatment	Attend reviews, complete remote monitoring scans and keep up hygiene visits.
End of treatment	Attachments are removed and retainers fitted. Wear retainers exactly as instructed.
Long term	Wear retainers for life, usually every night. Replace them if they crack, wear or stop fitting.

Please do

- Do wear aligners 20 to 22 hours a day.
- Do brush and floss before putting aligners back in.
- Do clean aligners with cool water and a soft brush.
- Do keep aligners in their case when out of your mouth.
- Do keep your previous aligner in case a new one is lost or breaks.

Please avoid

- Do not eat with aligners in.
- Do not drink anything except plain water with aligners in.
- Do not clean aligners with hot water, which can warp them.
- Do not wrap aligners in a tissue; they are easily thrown away.
- Do not stop wearing retainers after treatment.

WARNING SIGNS

When to contact us

- Contact us if an aligner does not fit or a gap appears between the aligner and your teeth.
- Contact us if an attachment comes off or an aligner is lost or broken.
- Contact us if pain lasts more than a few days or a tooth becomes loose or very sensitive.
- Contact us if you develop jaw pain, clicking or locking.
- Contact us if you have gum swelling or ulcers that do not heal within two weeks.

Need us? Call 01932 507650 or WhatsApp 07835 798 611 in opening hours, or email hello@lusso.dental. Out of hours, call **NHS 111**. If you have difficulty breathing or swallowing, heavy bleeding that will not stop, or swelling spreading to your eye or neck, call **999** or go to A&E.

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