MEDLAND
ORTHODONTICS

Your Clear Aligner Journey



Congratulations. Your new smile starts today - and we're with you every step of the way.

Clear aligners are a seamless way to achieve your new smile - discreet, comfortable, and uniquely yours. Your orthodontist uses the latest 3D technology to carefully map every tooth movement and design a series of smooth, custom-fitted aligners that guide your teeth into their ideal position with precision and purpose.

YOUR QUESTIONS, ANSWERED

Our Education Hub is your go-to for FAQs, helpful videos, and everything in between.

PLEASE CALL (07) 5597 3344

If you have any questions

Benefits of Invisalign

COMFORT
Smooth, comfortable, and nothing to irritate your mouth - no brackets, no wires.

FEWER APPOINTMENTS
Less time in the chair, more time living your life. Aligners require fewer visits than traditional braces.

EASY TO CLEAN
Simply remove your aligners to brush and floss as normal.

FEWER COMPLICATIONS
Each aligner is precisely adjusted from the last. Mild tightness for a day or two is normal - unplanned visits and unexpected adjustments are not.

FREEDOM TO EAT
No food restrictions, ever. Remove your aligners before meals and enjoy whatever you like.

WHITEN WHILE YOU STRAIGHTEN
A brighter smile and a straighter one, at the same time. One of the unique advantages of choosing clear aligner treatment.


invisalign
PROVIDER

Aligner Instructions

DAY-TO-DAY WEAR

Your aligners must be worn for 22 hours a day - removing them only to eat, drink anything other than water, and clean your teeth. Wearing your aligners for the full 22 hours each day is essential to keep your treatment progressing as planned. Food and sugary drinks left against your teeth under an aligner can cause decay, so it's important to remember this. Inconsistent wear can affect how well future aligners fit and may extend your overall treatment time.

If you've eaten something richly coloured - think curries, turmeric, or tomato-based sauces - a quick brush of your teeth before putting your aligner back in will keep your aligners looking their clearest.

WEEKLY

Towards the end of each week, your aligners may feel slightly more relaxed. This is completely normal. Always wait for the go-ahead from your Dental Monitoring app before moving to your next aligner.

Your Progress, Monitored Remotely

Dental Monitoring is the latest in orthodontic technology, and one of the things that makes your experience with us truly seamless, without you needing to come in.

We'll supply you with your very own scan box, which will connect to your smartphone - compatible with both Apple and Android.

The app will notify you when it's time for your weekly scan. Completing your scans on time is an essential part of treatment, helping us monitor your progress and keep your treatment on track. It takes less than five minutes, and we'll take care of the rest.

This allows our team to assess your aligner fit, bite progress, oral hygiene, and attachments alongside AI technology -then we'll send you a simple response:

Go - we're happy for you to move to your next aligner.

No go - your teeth just need a little more time. We'll let you know as soon as you're ready to re-scan.

> We'll also let you know when an in-person visit is needed, typically towards the end of each aligner set.



The Details of Your Treatment

WHAT ATTACHMENTS DO

Small tooth-coloured resin anchors bonded onto certain teeth, attachments act as precise pressure points that help your aligners move your teeth exactly as planned. They stay in place throughout your treatment and may be adjusted along the way as your teeth progress.



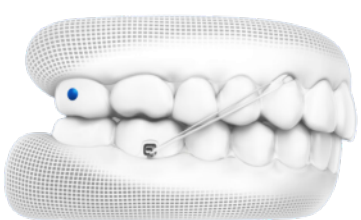
HOW CHEWIES HELP

Your chewie is a small but mighty part of your treatment. Every time you reinsert your aligners, press firmly with your fingers along the edges toward the gumline, then bite down along each tooth using your chewie.



THE POWER OF ELASTICS

If your treatment includes elastics, your orthodontist has prescribed them to refine and optimise your bite outcome. They come in different types and strengths, so wearing them exactly as instructed is important. At each visit, your orthodontist will assess your progress and make any necessary adjustments to keep everything on track.



Clean. Fresh. Perfect.

COLD RUNNING WATER

Whenever you remove your aligners to eat or drink, give them a quick rinse under cold running water before putting them back in. This keeps plaque and bacteria at bay throughout the day.

ROOM TEMPERATURE WATER

Your aligners are only safe to wear when drinking cold or room temperature water. Warm or hot liquids can warp and damage them - so when in doubt, take them out.

CLEANING YOUR TEETH

Remove your aligners and brush for two minutes, morning and night manual or electric, whichever you prefer. Floss at least once a day, and give your aligners a rinse with cold water before putting them back in.

ALWAYS USE YOUR CASE

When your aligners aren't in your mouth, they should be in their case. It keeps them safe, clean, and exactly where you need them.

What To Expect Along The Way

TENDERNESS

Some mild tenderness during the first few days of a new aligner is completely normal - it's simply your teeth responding to movement. Your usual pain relief medication will help if needed. That said, many of our patients feel no discomfort at all.

ROUGH EDGES

If a new aligner feels slightly rough against your tongue or cheeks, a gentle smooth with a nail file is all it takes.

LOST OR BROKEN ALIGNER

If you misplace or damage an aligner, let us know immediately through the Dental Monitoring app and your orthodontist will advise you on the best next steps.

PRO TIP

Try switching to your new aligner at night, just before bed. Your teeth settle into the new fit overnight - so by morning, the hard work is already done.

> Your dentist is just as important as we are, so keep up with your regular check and clean visits throughout your treatment.



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OUR COMMITMENT TO YOU

Straight teeth for life