

# Mistakes to Avoid After Completing Your Invisalign Treatment



## MISTAKES TO AVOID AFTER COMPLETING YOUR INVISALIGN TREATMENT

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Invisalign has indeed changed the scope of orthodontics by providing a great alternative to braces and enabling patients to achieve straight teeth as well. We have noticed patients tend to prefer **Invisalign Treatment Warriewood** over traditional braces because of the flexibility and comfort it provides.

Proper aftercare treatment of the teeth is still an absolute requirement, even after the braces are removed. Below is a comprehensive list of how to go about saving yourself unnecessary financial repercussions after your Invisalign investment and also keeping your oral hygiene in check.

## What Things Should You Avoid After Getting Your Teeth Aligned From The Best Invisalign Dentist?

### **Skiping Your Retainer**

If no steps are taken after the Invisalign treatment Warriewood, there is a high chance that the teeth are going to move back to their original positions.

This is where the retainers come in and are practically useful. Retainers do the job of securing the teeth in the new position after being shifted around.

### What to Avoid:

- **Not wearing your retainer regularly:** As we have mentioned before, retainers are crucial to strengthening your new smile. So make sure to wear them frequently.
- **Improper cleaning:** Like any other material, using hot water or abrasive detergents can ruin the retainer and make it more difficult to use.

### What You Should Do:

If you are a Northern Beach resident, you can easily visit one of the highly rated Northern Beaches Dentists to get a custom-made retainer that will suit you best, along with clear instructions on how to take care of it.

## Ignoring Oral Hygiene

Oral hygiene is undoubtedly at the top of the list post-Invisalign and should be prioritized the most. Without those brushing and flossing routines, tartar and plaque will lead to swollen gums and cavities, which would be counterproductive to your treatment.

### What to Avoid:

- **Brushing your teeth and flossing:** Avoiding these activities will give you dental issues and problems.
- **Put away the abrasive toothpaste and hard-bristled brushes:** They harm enamel and can also put your gums in trouble.

### What You Should Do:

Visit a [Northern Beaches Dentist](#) for routine check-ups and cleanings. They can also guide you in maintaining a healthy smile.

## Consuming Teeth-Staining Foods and Drinks

Consuming specific foods and beverages that stain teeth has a serious impact on how bright your smile will be after getting the treatment.

### What to Avoid:

- **Dark-coloured beverages:** Coffees, teas, and red wines are known to cause stains.
- **Savoury or sugary snacks.** These cause decay and discolouration.

### What You Should Do:

If you do consume them, rinse your mouth or brush your teeth shortly after. Your dentist in Warriewood provides whitening solutions to help you have a fab smile.

## Biting Hard Objects

Nail biting, pen chewing, and packaging tearing with your teeth are all examples that can apply excessive pressure on your teeth. These habits are likely to cause your teeth to be weakened or chipped after Invisalign has altered their position.

**What to Avoid:**

- Biting into hard foods, like ice cubes or hard sweets.
- Use your teeth as scissors and open bottles or packages.

**What You Should Do:**

Make an appointment with the Best Invisalign Dentist if you tend to grind your teeth, and ask about a night guard for extra protection.

**Delaying Follow-Up Appointments**

After the treatment of Invisalign, it is important to continue seeing a dentist to track the position of the teeth and ensure they do not move.

**What Not To Do:**

- Missing follow-up appointments: This can often result in the shifting of teeth or other unknown oral diseases that remain untreated.
- Neglecting slight pain: This could well be an indication of more serious issues like cavities that might require Root Canal Treatment.

**What You Must Do:**

Schedule follow-ups with an Invisalign Treatment Warriewood specialist, and they'll figure out any early signs of difficulty or problems.

**Overlooking Dietary Adjustments**

Foods or beverages that you consume can damage your teeth after the treatment. Sugary foods, sticky foods, and hard foods are best left out because they can cause damage and decay to your teeth.

**What to Avoid:**

- Sticky candies: like toffee or caramel.
- Crunchy snacks: nuts, popcorn and other snacks that could get stuck in the small crevices.

**What It Is You Should Be Doing**

Ensure a well-balanced diet on a nutrient-rich basis so as to maintain well-maintained and strong teeth.

## Neglecting Minor Issues

If some minor issues like sensitivity and discomfort, for instance, arise during the course of the treatment, you shouldn't just ignore them, thinking they aren't serious. These concerns can become bigger problems later.

### What to Avoid:

- Not visiting the dentist after having teeth sensitivity: This is normally ignored when, in fact, it could be a sign that the enamel is wearing away and gum is affected. Pulp infection might cause these issues and requires [root canal treatment](#).
- Overuse of teeth whitening products: Excessive at-home teeth whitening can cause the teeth to become extremely sensitive and damaged.

### What to Do:

If you have any problems/get concerned, do approach your dental practitioner, be it the Best Invisalign Dentist or a Northern Beaches dentist.

## Skipping Regular Dental Treatments

Invisalign doesn't replace the need for regular dental treatments like cleanings, cavity fillings, or periodontal care.

### What to Avoid:

- **Missing regular cleanings:** This can lead to plaque buildup.
- **Delaying necessary treatments,** Such as a Root Canal Treatment.

### What You Should Do:

Visiting your dental professional can help mitigate issues that may arise in the future, thus eliminating complications. Whether you need a root canal or the Best All-On-4 Dental Implants, ensure that you visit a reputed dentist.

## Trust Only These Best Dental Experts!

Wearing Invisalign is an exciting process as it slowly transforms your poorly aligned teeth into healthier and straighter teeth. Nevertheless, this is only the beginning. After the Invisalign Treatment Warriewood has been done, real work is required to maintain the results for the long term.

Regular consultations with the right professionals are extremely important whether it's root canal treatment, Best All-On-4 Dental Implants or even post-Invisalign care. For the residents of Warriewood and the surrounding areas, United Dental Clinic offers reliable dental treatments that will help you achieve dental perfection.

# Contact Us



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