



# Clear Aligner Instructions

**Congratulations** on choosing clear aligners to improve your smile! We look forward to working with you to achieve a beautiful smile and improved function. Adhering to the following instructions is critical for successful treatment outcomes.

## What to Expect:

1. You will have attachments\* bonded to selected teeth and received your first few sets of aligners at your first appointment following impressions.
2. Your clear aligners must be worn full-time (22 hours per day). Do not reduce wearing time unless directed to do so. You will know your teeth movements are progressing well when each new set of aligners fits comfortably on your teeth. Lack of full-time wear can cause each aligner to fit progressively worse. If this happens, a new scan (impression) might be indicated which will lengthen the time of treatment.
3. You will change your aligners every 2 weeks. Each aligner and bag have a number and you will proceed to the next higher number. Place the previous aligner in the corresponding zip packet until treatment is complete.
4. **Eating:** Do not eat with aligners in your mouth as they may break or discolor.
5. **Drinking:** With the exception of **water**, do not drink any liquids with your aligners in your mouth.
6. Your aligners may feel snug when inserting. This is normal and the pressure will subside in a day or two. You can use any over-the-counter medication as directed to relieve discomfort.

*\*The attachments are used to facilitate movement of selected teeth. If an attachment comes loose, please call our office during regular office hours. DO NOT STOP WEARING YOUR ALIGNERS.*

## How To:

**Insertion:** Gently push the aligners over the front teeth. Then, apply equal pressure to your left and right molars until the aligner snaps into place. Do NOT bite your aligners into position.

**Removal:** Using your finger, start on one side of your molars and slowly work your way around to the other side.

**Sore Spot:** If you notice a rough spot on your aligners, use an emery board to smooth the area. If a sore develops, use warm saltwater rinses (1tsp of salt to 8oz of water) for a few days to soothe the area.

**Cleaning:** Keep your aligners clean. Brush them when they are removed from your mouth. Aligners can accumulate plaque if not kept clean. Use a soft or child sized toothbrush and non-abrasive toothpaste to clean them.

**New restorations:** NEW dental work may cause your aligners not to fit. If new dental work is diagnosed and completed, a new retainer will likely be needed.



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## **Aligner storage:**

ALWAYS STORE YOUR ALIGNERS IN A CASE. It is common for aligners to be thrown away when they are stored in a napkin or otherwise.

PETS LOVE TO EAT ALIGNERS. Please keep them in a case and away from pets.

Never store your aligners near a heat source, in a hot car or lying out in the sun. This will cause the tray to soften and distort.

## **Other:**

Chewies are helpful to seat the aligners completely. Chew on the cylindrical chewie for 3-5min after inserting the new aligner to ensure it seats. If any area looks like the aligner is not hugging the tooth, focus the chewie on that area.

*Please contact our office if you have any questions!*

## **Office Info:**

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