

# Aligner Wear & Care

## TO PROPERLY SEAT YOUR ALIGNERS:

1. Place them firmly in your mouth with your fingers. Biting them into place could cause them damage.
2. Next, gently bite down on the provided chewie, moving from one side to the other.
3. Make sure to apply pressure to each tooth and reseat aligner after removal and at bedtime so they will work while you sleep.

*\* If an aligner won't seat or you can't wear it, call us as soon as possible.*

## CARING FOR YOUR ALIGNERS:

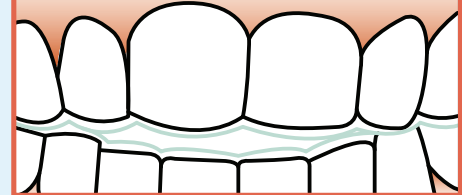
Keep aligners clean and odor free by thoroughly brushing them once a day with a soft toothbrush and dish liquid. Remove trays before eating. After eating, floss and brush your teeth to limit the amount of harmful substances stuck between your teeth and aligners. Your aligners can act as an acid trap because sugar and plaque combine to form acid. This acid can demineralize your teeth at alarming rates causing white spots, swollen gums and decay.

## WEARING YOUR ALIGNERS

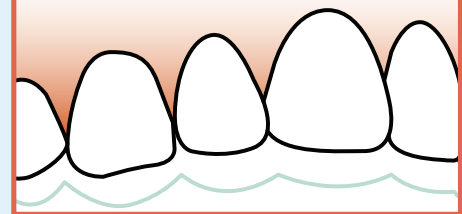
You must wear your aligners when you are not eating. 20 to 22 hours per day is needed for them to be effective.

Poor oral hygiene, not wearing your aligners and missing appointments can lengthen your total treatment time and possibly increase costs.

Proper Fit



Ineffective Fit



# Reminders

- Your aligners and teeth should always be clean when you put in an aligner. Any plaque and food debris will become trapped between your aligners and your teeth.
- Brush aligners and your teeth between meals to prevent staining and build up with a soft bristled brush and dish liquid.
- Like retainers, aligners can deform from water and air temperatures that are too warm. Please do not boil them, put them in the dishwasher, microwave them, or leave them in a hot car.
- Animals are often attracted to aligners, so keep them out of reach of pets.
- Do not eat or drink anything besides water with your aligners in. Eating and drinking with them in can result in permanent staining and cavities.
- Do not chew on hard objects like pens or ice while wearing your trays.
- When not wearing your aligners, they should be placed in their case. This makes it less likely to throw your aligners away.
- Never drink sugary or acidic beverages with your aligners in. This includes pop, energy drinks, juice, Gatorade, and flavored/carbonated water. Make sure you brush and/or rinse after drinking these and before wearing your aligners.
- Flicking aligners in and out with your tongue and biting them into place can damage or break aligners.
- If sharp edges of trays are irritating your mouth, gently smooth the rough area with an emery board.
- Remember to save all of your aligners after wearing them. When you move to a new set, clean the previous set and put it away for safe keeping.

