clear aligner treatment

Congratulations on starting your clear aligner treatment with our office!
We are so excited to work with you to achieve stunning results! We will need some help from you by following the instructions below to reach our goals.

USING YOUR ALIGNERS

The aligners must be worn 20-22 hours per day, 7 days per week for the teeth to move properly. Keeping the aligners in as many hours per day as possible is essential in achieving the desired results.



You should change your aligners every _____ days.

If you have any rubber bands to wear, follow the instructions we gave you during your appointment to ensure your teeth are moving properly. Without wearing your rubber bands as prescribed, it is unlikely we would be able to achieve desired results.

When you move to your next set of aligners, be sure to keep the set you just finished. If you lose your current set of aligners, try to move to the next set and wear them for extra time. If your next set does not fit properly, you'll have the set you most recently finished to fall back on, so it will hold your teeth in place and give you time to contact our office for further instructions.

It is normal for your teeth to feel sore at some points during treatment. Feel free to take any over-the-counter pain medication you would normally take to help with any mild discomfort. Be sure to follow the dosage instructions on the bottle.

Sometimes when you try to move to the next set of aligners, it will feel like the new set does not want to seat properly. Try using Chewies the way we demonstrated in the office to help. If they still do not want to seat properly, wear your current set of aligners a couple more days to ensure all teeth have completed their movements - some take longer than others!

Listed on the back are cleaning instructions and some Do's and Don'ts of Clear Aligners.

DO:

- Remove your aligners when eating or brushing. If possible, brush and floss after eating before re-inserting your aligners. It will help them stay clear and avoid any unpleasant odors. If you are unable to brush, try to at least rinse with water before re-inserting them.
- Keep your aligners in your case when they are not in your mouth. It will help to avoid losing them, and keep them clean.
- Use a soft toothbrush and either toothpaste or anti-bacterial hand soap to clean your aligners. You may want to use a different toothbrush than you use for your teeth to avoid a soapy taste! A denture/retainer cleaning tablet can be used occasionally to help freshen your aligners. Place the tablet in a small cup with cool water. Allow your aligners to soak for 15-20 minutes. Remember to rinse and brush your aligners before putting them back in to remove the residue from the cleaner.
- Keep your aligners away from pets - they love to chew them!
- Use an emery board or nail file to smooth any rough spots. If you are unable to smooth it yourself, contact the office and we would be happy to help!

DON'T:

- Put your aligners in a napkin or paper towel when you take them out. The aligners are so clear that they end up getting thrown away. This is the #1 way that aligners are lost.
- Foods and drinks may stain your aligners, but the plastic does have resistance to staining. Sugars and acids from foods and drinks can go underneath the plastic and sit next to your teeth, which over time can cause decalcifications or cavities. If you consume anything with your aligners in, be sure to remove them and clean them, along with your teeth, when possible.
- Soak your aligners in mouthwash, they will stain.

If you have any questions along the way during treatment, please contact our office and we would be happy to answer them! We are excited to work with you to achieve a beautiful result!