

Instruction For Clear Aligner



DO:

1. Rinse aligners with water before use.
2. Use your fingers to put aligners in place. Place the aligners over front teeth, then use your fingers to push it down gently over your molars.
3. Wear the aligners all the time except when flossing, brushing, eating.
4. Remove the aligner by pulling it off both sides of your back teeth simultaneously then lifting it off your front teeth.
5. Clean aligners daily with water and soak weekly in retainer cleansers.
6. Wear each set of aligners for 7 to 10 days. The aligner should fit well or feel slightly loose before switching to a new set. If the aligners do not fit well, then do not switch to a new aligner. Call us for an appointment if the aligners are not fitting well.
7. Wear aligners in the correct numerical order. Switch to the next aligner at night before bedtime. Changing aligners at night allows easier removal in the morning and minimizes any discomfort you may have.
8. Keep all of your old aligners and bring the last 2 aligners to the clinic during appointments.

DON'T:

1. Don't place aligners in a napkin or tissue. Many aligners have accidentally been thrown out this way!
2. Don't use your teeth to "bite" your aligners into place.
3. If you have pets, don't place your aligners anywhere that your pets can reach them.
4. Do not use toothbrush, toothpaste, mouthwash, alcohol or bleach to clean your aligners.
5. Do not use boiling water on your aligner.
6. Don't chew gum with your aligners in.
7. Do not throw any of your aligners away. Bring them to the clinic during appointments.

Just In Case:

- If the attachments on your tooth comes off or partially breaks off, do not switch to a new aligner. Call us to replace the attachment first before switching.
- If you lose one of your aligners, please wear the next tray even if you are not due to switch to the next aligner. If you do not have the next tray, keep wearing the previous tray. Call us to let us know which tray was lost so we can determine if a replacement tray is needed. There will be a fee if replacements are needed.

