

Aligner Instructions

Do

- Use your fingers to put your aligners in place. First, place the aligners over your front teeth, and then use your fingers to push the aligner gently over your molars. When aligners are correctly inserted, they will fit completely against the teeth with no space between the aligners and the edge of the teeth. Aligners will fit tightly at first but should fit well by the end of the one week wear period.
- Keep aligners in your mouth except when eating or brushing. It's also best to remove the aligners when drinking warm, staining, or sugary beverages such as coffee or tea, or sodas.
- Remove aligners by pulling it off both sides of your back teeth simultaneously, then move to the front of the mouth and lift off of your front teeth.
- Place your aligners in the case provided any time they are not being worn.
- Clean aligners with a toothbrush and cool water.
- Wear each set of aligners full time (20-22 hours per day) for one week unless our office directs you to vary from this schedule.
- Wear aligners in the correct numerical order. (Each aligner is labeled by number.)
- Keep all of your old aligners in the original packaging and bring them to your orthodontic appointments.

Do NOT

- Do not place your aligners in or on a napkin or tissue. Many aligners have accidentally been thrown out this way!
- Do not use your teeth to bite your aligners into place.
- If you have pets, do not place your aligners anywhere that your pets can reach them.
- Do not use hot water to clean your aligners.
- Do not chew gum with aligners in your mouth.

Call us!

- If you lose an attachment (tooth colored bonding) please call our office so that we can determine if you need to come in before your next scheduled appointment.
- If you lose one of your aligner trays, please return to the previous tray. It is extremely important to use a tray to keep teeth from shifting. Call our office so that we can determine if a replacement tray is needed. There will be a fee if replacement trays are required.