



Aligner Instructions

Congratulations! You are on your way to the beautiful smile that you've always wanted. Here are some simple instructions for the proper care and use of your aligners.

- Aligners should be worn 22-24 hours per day and should only be removed for eating and brushing. After eating, we recommend that you brush, floss, and insert your aligners as soon as possible.
- When brushing your teeth, brush off your aligners as well after you rinse the toothpaste off the brush. If they don't feel clean enough, you may clean your aligners with Retainer Brite (www.smileshop.com), the Invisalign Cleaning System (www.invisalign.com), or Efferdent denture cleanser. Never place them in hot water or soak them in mouthwash.
- When inserting aligners begin with your front teeth, when removing aligners begin with your back teeth.
- When not wearing your aligners, always store them in the provided storage case. **NEVER WRAP YOUR ALIGNERS IN A NAPKIN!!!**
- Keep your aligners away from pets. Dogs and cats love to chew on used aligners.
- Never discard your aligners. When finished with a set, clean them and place them back in their original pouch. Keep them organized so that you don't accidentally use the wrong set.
- If one of the bonded attachments falls off your tooth during treatment it is not necessary to return to the office to have it replaced. Notify us at your next scheduled visit and we will replace it at that time if necessary.
- You may drink fluids while wearing your aligners. After drinking, we recommend that you rinse off your aligners and brush your teeth.
- If you misplace a set of aligners, wear the next set of aligners that you have. If you do not have another set at home, call the office to ask whether you should come to get the next set of aligners or go back to the previous set. Always call our office to let us know if you skipped ahead or lost a set of aligners so we can verify the best way forward to ensure the best way to proceed.

If anything feels out of the ordinary or if you have any problems or questions call 737-3521