

Patient Instructions

Clear Aligners

- Aligners must be worn at least 22 hours a day. Only remove the Aligners to eat, brush or floss the teeth.
- Tooth colored or clear attachments or buttons may be bonded to the teeth to aid in specific movements. In the event any attachments come loose, promptly contact the office.
- When inserting the Aligners, gently slip them over the front teeth. Then apply equal pressure on both sides of the Aligner, sliding the fingers to the back of the mouth until the Aligner snaps into place.
- When removing the Aligners, place the fingers simultaneously on both sides to gently lift the back portion off the teeth then move the fingers to the front portion and remove the Aligners completely.
- Brush the teeth after each meal and prior to re-inserting the Aligners.
- Clean the Aligners prior to each insertion either with a toothbrush and toothpaste or with warm soapy water. Be Sure to rinse very well after each cleaning.
- DO NOT use denture cleaner to clean the Aligners. DO NOT soak the Aligners in mouthwash.
- Make sure to check the Aligner BEFORE inserting the Aligner. The top is marked with a "U" for upper and the bottom is marked with an "L" for lower.
- Always store the Aligners in their case and avoid extreme temperatures. Keep all old aligners.
- The Aligners are designed to sequentially move the teeth. It is very important to wear each Aligner in the order prescribed. Each Aligner in the series is to be worn for two weeks.
- *When progressing to new set of Aligners, there may be some soreness consistent with a dull achy sensation. This is OK; it means the teeth are moving! For the discomfort, take anything normally taken for a headache. The soreness should not extend beyond three to four days.*
- There may also be a small excess space between the tooth and the Aligner. This will reduce as you may notice when you first remove the night guard from your mouth in the morning that the teeth will contact differently. This feeling is normal, because of muscle relaxation and the seating of the jaw joints. After removing your appliance in the morning, you will find that the bite feels normal within a short period of time. the tooth moves into place. In the event an Aligner does not fit properly, please promptly contact our office.

- If at the end of the two-week period the current set of Aligners are still tight fitting (difficult to put into place and/or remove or a tooth is not fully seated), continue to wear the Aligner for an additional week before progressing on to the next set. If this situation continues, please promptly contact our office.
- Keep all scheduled appointments.
- During the final stages of treatment additional impressions may be needed for refinement and detailing of the teeth.
- In the event of loss or breakage, contact us promptly