



USE AND CARE INSTRUCTIONS FOR ALIGNERS

Wearing and using your clear aligners

For proper use and to avoid damaging your clear aligners here are some things to take note of. Before handling your aligners wash your hands with soap and water. When handling aligners handle only one at a time. Your dentist will inform you to wear your aligners for 22 hours a day, removing your aligners when eating and drinking any drinks other than water.

Inserting your aligners

Make sure you are using the correct tray number you are on and use the upper tray for your top teeth and lower tray for your bottom teeth. When placing the aligners on your teeth, gently insert by pushing the aligners over your teeth in front of a mirror. Use equal pressure of your fingertips over the tops of your left and right molars (back teeth) until the aligners snap into place. You can gently bite on a chewie to help them seat all the way. To avoid damage to your aligners please do not bite your aligners into place. Contact your Dentist if you are experiencing sharp pain or significant discomfort when using your aligners.

Removing your aligners

Using your fingertips on the inside of one side of your mouth slowly pull the aligner from your molars. You will need to repeat this on the other side of your mouth to remove your aligners. Gently work your fingertips around the teeth to remove your aligners completely. You can also use the removal tool in your starter pack.

Note

- Immediately rinse aligner with water, shake off excess water, and store your aligners in the protective case provided with your starter kit.
- To help prevent damage to the aligners, avoid unnecessary removal.
- Take care in removing your aligners, especially if multiple attachments are being used.
- Do not use excessive force to bend or twist an aligner to get it off.
- DO NOT use any sharp object to remove your aligners.
- Consult with your doctor if your aligners are extremely difficult to remove.



DAILY CARE AND MAINTENANCE OF YOUR ALIGNERS

It's advised you clean your aligners prior to inserting them in your mouth. It is best to use a soft bristle toothbrush with water and a small amount of tooth paste to clean your aligners. Clean the outside and inside surfaces of your aligners. Remember to rinse thoroughly with water after cleaning. Do not use denture cleaners to clean aligners, don't soak them in mouthwash. Using these products on your aligners can damage them.

Proper Oral Hygiene

When eating and drinking remove your aligners. You do not need to remove your aligners to drink cool water. Brush and floss regularly when needed after each meal or snack. If you don't have access to these simply rinse your mouth out and then rinse your aligners under cool running water. Remember to properly clean aligners at your earliest if they are just rinsed after a meal. When eating or drinking store your aligners in the case provided in your starter kit, this ensures they won't get damaged or lost and they are kept clean. If you have any questions regarding hygiene techniques, please consult your dentist. Having regular dental checkups and cleans are recommended for the continued health of your teeth and gums. If your current aligner is lost or broken, your dentist may recommend that you temporarily go back one stage and use the aligners you were previously on while a replacement is being made.

Note - Keep all of your older aligners in a clean plastic bag, or as instructed by your dentist. Keep them out of reach of small children and pets.

FREQUENTLY ASKED QUESTIONS AND ANSWERS:

Will the treatment be painful?

During your treatment plan you may experience tooth soreness this may last a few days and usually happens when you change trays as you move forward with your treatment. This tooth soreness you feel is completely normal, it is a sign the aligners are starting to move your teeth and they are working. Over time the soreness should lessen and go away a few days after changing aligner trays. If the soreness doesn't gradually go away, please contact your dentist.

Will wearing the Clear aligners affect my speech?

Like all orthodontic treatments, the aligners may temporarily affect your speech, and you may have a slight lisp for a few days. However, over time as your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by your aligners should disappear.

What should I do if my new aligner doesn't snap onto my teeth?

Minor discrepancies between the new aligner and the current tooth position are normal, since the teeth need time to conform to the new aligner position. In the event of significant problems with aligner fit, inform your dentist.



Are there restrictions on what I can eat?

No, unlike traditional orthodontics you may eat and drink what you feel like because while eating and drinking you remove your aligners. There is no restrictions of any of your favorite snacks or foods, unless your dentist has instructed otherwise

Is it OK to drink hot or cold beverages while wearing aligners?

Except for cool water, we recommend that you do not drink while wearing the aligners. This is to avoid formation of cavities and stains, or warping of the aligners with hot drinks and hot water.

Can I chew gum while wearing aligners?

NO. Gum will stick to the aligners. We recommend removing your aligners for all snacks and meals.

Will smoking or chewing tobacco stain the aligners?

We discourage tobacco use while wearing aligners because of the possibility of aligner discoloration.

Why do some of my aligners have bumps on them?

Depending on your treatment plan, some of the teeth may need attachments placed onto them. These attachments help the aligners grip the teeth. The dentist will place the attachments onto your teeth using small pieces of composite the dentist affixes to your teeth which is then gripped by the bumps on your aligners.

What if I lose or break an aligners?

In the event that an aligner is lost or broken, you should immediately inform your dentist. Your dentist will probably tell you to start wearing your last set or next set of aligners immediately. He or she will possibly order you a new set of aligners to replace the ones you just lost.

What if I break an attachment?

In the event that an attachment is lost or broken, you should immediately contact your dentist.