

# Clear aligner treatment patient instructions

## Follow these instructions to keep your smile moving in the right direction

- ▶ Do not go long periods of time without wearing aligners. They should be worn 20-22 hours per day—except when eating, brushing, and flossing.

If a new aligner does not fit, wear the best-fitting aligner until you are seen at our office. Bring any aligners that have not been worn with you to your appointments.

- ▶ Wear your aligners for 1-week cycles, unless otherwise recommended by your doctor or the clinical staff.

If you still feel pressure from your aligners after 1 week of wear, you may wear your current aligners up to a week longer before changing to the next aligner.

- ▶ Bite on chewies as directed by your doctor or clinical staff. This will help keep aligners fitting well and prevent air gaps.

If you are using your chewie and still experiencing an air gap, please contact our office to come in for our clinical staff to evaluate the fit of your aligner.

- ▶ Remove your aligners before eating or drinking anything other than water.

- ▶ Do not chew gum with aligners in. You may suck on sugar-free mints.

- ▶ Brush and floss after meals and beverages, especially after drinking any sugary or acidic beverages. Anything that is left on your teeth could be trapped under your aligners.

If you do not have a toothbrush available, rinse with water and chew a piece of sugar-free gum that contains Xylitol for 10 minutes before putting your aligners back in.

- ▶ If any bonded attachments or buttons come off, contact our office.
- ▶ We do not require that you keep all of your aligners. However, we recommend that you keep your previous aligner in case of an emergency.
- ▶ Continue to see your general dentist every 6 months for regular cleanings and check-ups. If restorative work is needed, please contact our office.



### Clean your aligners regularly

Gently clean your aligners with a toothbrush and toothpaste or Retainer Brite® cleaner tablets 1-2 times daily.



### Store your aligners properly

Store aligners in their case—not in a napkin—when not being worn to avoid accidentally throwing them away! Store any future inventory in a cool, dry place.



### Keep your aligners safe

Keep your aligners away from pets, boiling water, bleach, and any other cleaning products.



### Disinfect your aligners every day

Use EverSmile® WhiteFoam daily to help keep your aligners fresh, whiten teeth, and help with dry mouth. Use Sterialigner® to disinfect aligners.



### Avoid harmful products

Do not use whitening products as they will damage the attachments on your teeth. Do not soak your aligners in mouthwash. Do not use denture cleaner.

**Retainer Brite, EverSmile WhiteFoam, and Sterialigner are available for purchase at the front desk.**