

# Aligners

## Wear & Care



## Things to Note

Make sure to keep your previous aligner just in case you lose or break your current aligner.

If you finish your last aligner before your next appointment, continue wearing that aligner full time until you see your orthodontist.

Poor oral hygiene, not wearing your aligners, and missing appointments can extend your treatment time and cause you to incur additional fees.

If the edges of your aligners are sharp, gently smooth the rough area with an emery board or contact our office. If an aligner won't seat or you can't wear it, call us immediately. Don't wait until your next appointment.

## Special Cautions

Aligners are made of plastic and can be ruined by heat. Do not leave them in a hot car. Make sure to remove them when drinking any hot beverages.



Never try to sanitize trays by putting them in boiling water, bleach, or in the dishwasher.



Be sure to continue to see your dentist at least every 6 months for your routine cleaning and check-up.

While in treatment, be sure not to have any dental work prior to discussing it with our office. Crowns, fillings, or bonding can cause aligners not to fit properly.

## Wearing Your Aligners

Aligners should be worn for at least 22 hours each day. Your teeth will not move as planned if trays are not worn as directed.



Place the aligners firmly in your mouth with your fingers and start pushing up on the front and work your way back. Don't bite them into place—it could damage the aligner.

## Attachments

Attachments are used to treat cases that require more complex tooth movements. If your attachment comes off, you can let us know at your next appointment.

## Removing Your Aligners



Make sure to remove your aligners when eating or drinking anything other than water. To remove the aligners, do not start from the front as this can cause your aligner to crack. Start from the back and work your way forward being careful not to twist the aligner.

## Caring for Your Aligners

If your aligners are not in your mouth, they need to be in your case. Do not wrap them in a napkin. Ensure that you keep them away from all pets since they may chew on them. You can incur a fee for lost or damaged aligners.



Keep aligners clean and odor free by thoroughly brushing once a day with a soft toothbrush. Toothpaste may cause the aligners to become cloudy but can be used.