



Aligner Tracking Guide and Resources

General Instructions:

- Aligners should be worn at least 20-22 hours per day.
- If you are not actively eating or drinking (besides plain, still water) aligners should be in place. Do not drink sparkling or flavored waters with aligners in.
- Do not bite aligners into place. Always use your fingers to position and seat your aligners. This helps the aligner keep its intended shape.
- Thoroughly rinse your new aligner before seating it for the first time.
- Aligners should be changed every 7 days, unless specifically instructed. As noted below, you can monitor at home and adjust your change schedule based on tracking (as seen below). If you are ever unsure about how well you are tracking or have any concerns, reach out to our team.
- If you lose an attachment or button, this is not an emergency. You can call or text the office at 503.659.5000 the following business day, indicating which tooth has lost its attachment. This helps us determine the best timing to repair the missing attachment or button.
- Always carry your aligner case with you. Never leave your aligners in a hot car, this can cause warping and delay treatment progress.
- You will likely have more than one set of aligners during the course of your treatment. It is important to keep your aligners organized. Hang onto your entire set of aligners until a new set is delivered to you. When you move to a new aligner, place the previous aligner back in its numbered bag. There are times when you may be instructed to go back to a previous aligner to improve the tracking and treatment progress.

Excellent Tracking - Ready for next aligner.



Acceptable Tracking – Increase aligner wear and use chewies as needed in areas of problematic tracking.



Poor Tracking – Increase aligner wear, consider using a timer or tracking app to better track the number of hours aligners are worn per day. Use chewies as directed in affected area(s). Do not move to the next aligner until resolved (up to 7 days). Call the office if tracking does not improve in 7 days.



Unacceptable Tracking – Use chewies as directed for 24 hours. If aligner fit does not improve, go back to previous aligner and call the office to schedule an appointment.

