PURE SMILE

8000 SW 117th Ave, Suite 100
Miami, FL 33183
(305) 787-3642 · puresmilemiami.com

CARE AFTER YOUR TREATMENT

Your clear aligners: wear and care

Keep this sheet. If you have any questions, call us at (305) 787-3642.

What is normal

- The first week is an adjustment period.
- With each new set, pressure or mild discomfort for the first few days is normal.
- If something does not improve after a few days, call us.

Checkups are usually every 6 to 10 weeks. When you finish, you will wear a retainer.

How to wear them

- Wear them 20 to 22 hours a day, or as we tell you.
- Switch sets when we tell you (usually every 1 or 2 weeks).
- Take them out to eat, to drink anything other than water, and to brush and floss.

Eating and drinking

- With aligners in, drink only water: other drinks stain and can cause cavities.
- After eating or drinking, brush before you put them back in.

Storing them

- Always in their case: never in a napkin or your pocket, and away from pets.
- Clean them as we showed you.

For discomfort

- Warm salt-water rinse (half a teaspoon in a glass).
- Soft foods for the first days of each set.
- Orthodontic wax if something rubs.
- If you can take it, an over-the-counter pain reliever such as ibuprofen or acetaminophen, following the label or your dentist's instructions. If we prescribed a medication, take it exactly as directed.

Call us if...

- You lose, crack or warp an aligner. Do not wear one that is sharp or hurts; you may be able to go back to the previous set if we tell you.
- One of the attachments bonded to a tooth comes off.
- You have sores that do not heal.

Call 911 or go to a hospital emergency room if you have heavy bleeding that will not stop, trouble breathing or swallowing, a suspected broken or dislocated jaw, a permanent tooth knocked out or badly moved, or sudden severe pain with swelling and fever.

Your dentist's instructions

Next visit: _____

(305) 787-3642 · Monday to Friday, 9:00 a.m. to 7:00 p.m. · Saturday, 10:00 a.m. to 5:00 p.m. puresmilemiami.com

General information based on recommendations from the American Dental Association (ADA) and the American Association of Orthodontists (AAO). It does not replace your dentist's instructions.