

## Aligner Instructions

### How to wear:

- Aligners need to be worn as close to 22 hours as possible daily.
- Remove your aligners to eat and brush. Do not chew gum with your aligners in.
- When your aligners not being worn, ALWAYS keep them in your aligner case.
- If there's a gap between the edges of your teeth when you put a new aligner in for the first time it is likely that you didn't wear the last tray for as many hours per day as necessary and you aren't ready to switch. Wear the old set for a day or two longer and try in the new aligner again to see if the new aligner fits better.

### Troubleshooting:

- If you lose your current aligner, try in the next aligner. If you can get it to fully seat, continue wearing the next aligner for the remainder of time you had left with the one you lost plus the week you should wear the current aligner. If the next aligner does not fully seat, go back to your previous aligner and call the office.
- If an attachment is lost or broken, please call to schedule an appointment as soon as possible. Attachments are vital for tooth movements to occur predictably, so we will need to replace it as soon as possible.
- You may use an emery board to smooth any rough edges if necessary.

### Cleaning:

- Do not boil, heat, or use hot water to clean your aligners as they will melt or distort.
- Brush aligners on the inside and outside with a toothbrush
- Do not use toothpaste to clean your aligners. Instead, use plain water, hand soap or a mixture of hydrogen peroxide and water to brush them.
- You can occasionally soak the aligners in denture or retainer cleaner.

### Additional information:

- The aligners may affect your speech at first. Practice speaking out loud and you will adjust.
- You may experience a feeling of "dry mouth or have excessive saliva for the first few days. This will go away as you get used to wearing them.
- Each aligner exerts some pressure so you may be sore the first day or two of wear. You can take ibuprofen (Advil) or acetaminophen (Tylenol) for discomfort.
- Place aligners in with two hands and push the aligner into place. Do not bite it into place. This can damage the aligners.
- You may drink water with the aligners in. Do not drink anything hot, anything with sugar, or anything that could stain your aligners.
- If you are due for new aligners and you are unable to return to the office, continue wearing your last aligner. We will be happy to revise your aligner schedule.

**Please do not hesitate to call the office if you have any questions!  
Don't forget to smile!**