



CLEAR ALIGNERS WEARING INSTRUCTIONS

- 1) You will wear your aligners for approximately 20-22 hours per day, removing them only to eat, brush and floss. It is important to avoid leaving aligners out of the mouth more than 30 minutes, especially during the first 72 hours of each new aligner. For optimal results, you should start each NEW aligner after an early dinner and do not remove them until breakfast the following morning keeping the aligners in for a minimum of 12 hours. Your aligners are strongest during the initial 12 hours of use. In fact, the aligner strength decreases between 30-40% after those initial 12 hours of use. If the aligners are in place for 12 hours straight before their first removal, a vast majority of the stage's movements will have already taken place (approximately 1/2) and therefore will be much easier to remove resulting in a better outcome.
- 2) Each aligner is designed to guide your teeth to a more ideal position. Approximately every two weeks, you will switch to the next aligner in the series. For optimal results, small tooth-colored attachments or build-ups may be bonded to one or more teeth during the course of treatment. Please be sure to keep an eye on how your aligners are tracking with the attachments adhered to your teeth. If the aligners are not lining up with the attachments or you have any questions, please contact our office. The doctors will remove these attachments at the appropriate time, usually at the end of treatment. In some instances teeth may require minor slenderizing (interproximal reduction) in order to create space to allow for tooth movement. Any questions about this procedure should be discussed with the doctor.
- 3) The aligners are clear and therefore can discolor if drinking coffee, tea, wine, dark juices or anything that is not a clear liquid. It is recommended that the beverage of choice while wearing the aligners is water. You can remove your aligners to drink one of the above mentioned beverages but before replacing the aligner it is recommended that you brush your teeth or at least rinse your mouth with water.
- 4) The aligners should be removed to eat food and teeth should be brushed before placing the aligners back on the teeth since food left in the teeth

can cause decay, decalcification (permanent tooth discoloration) or gum disease. Poor brushing, consuming sugary foods and snacking between meals should be eliminated as they can negatively affect dental health. Clear aligner patients are expected to continue routine cleanings and checkups with their dentist.