



Aligner Instructions

In order to obtain the results you desire proper wear and care of your aligners is essential.

- Unless instructed otherwise, your aligners should be worn a minimum of 20 hours a day.
- Aligners do not need to be worn while eating meals or playing sports. (If you do wear them while eating, be sure to remove and clean them afterwards.)
- Change to the next aligner at ____ weeks (assuming current aligner is fitting well and has been worn as instructed.)
- To maintain the health of your teeth an APF rinse, such as the one provided (available for purchase at our office) or Colgate Phos-Flur (available at pharmacy), should be used nightly.

Cleaning Instructions

- Rinse your aligner, if possible, whenever it is removed from your mouth.
- Brush your teeth after eating and before re-inserting your aligners (if unable to brush, rinse both the aligner and your teeth well with water before re-inserting and brush ASAP).
- When brushing your teeth, aligners should be brushed with toothpaste and warm water.
- Clean your aligners a minimum of 2-3 times per week with *Retainer Brite*.

**Retainer Brite can be purchased at our office or online at retainerbrite.com*

(Note: DO NOT use denture cleaners on clear aligners or place them in hot or boiling water-it damages them!)

Other Points to Remember

- Aligners should be kept in their case when they are not being worn.
- DO NOT wrap your aligner in a napkin – it will get thrown out!
- Initially your speech may be affected, with regular aligner wear this will improve.
- Keep aligners away from pets! (even if in the case)
- If an aligner feels “tight”, or does not go in all the way when you put it in, you have not been wearing it enough! You should not proceed to the next aligner until the fit improves.
- All previously worn aligners should be saved until instructed otherwise.
- If you lose an aligner contact us ASAP for instructions.
- **Special Instructions** - _____