



Patient Information for Aligner Treatment

The success of this aligner system is a true partnership between your Orthodontist and you, the patient. Our job is to diagnose, plan treatment, and ensure that your treatment is progressing as it should with your aligners. Your job is to be a wonderful patient by understanding and complying with the following guidelines:

- Aligners must be worn 22-24 hours a day. Aligners should be removed only to eat, brush and floss your teeth, and while drinking liquids that are high in color and/or sugar.
- A tooth colored attachment (made of composite material) or button will be bonded to teeth to aid in specific movements. If an attachment comes off, promptly contact our office.
- When inserting the aligners, gently slip them over the front teeth. Then apply equal pressure on both sides of the aligner, sliding your fingers to the back of the mouth until the aligner snaps into place.
- When removing the aligners, place your fingers simultaneously on both sides of the tray and push down or lift the back portion off the teeth. Next, move your fingers to the front portion and remove the aligner completely.
- Brush your teeth after each meal and prior to reinserting aligners.
- Clean aligners prior to each insertion. You may use a toothbrush and toothpaste or warm, soapy water.
- Do not soak aligners in mouthwash.
- Each aligner is marked with a “U” for upper and an “L” for lower, followed by the number of the aligner.
- Always store aligners in their case and avoid extreme temperatures.
- Aligners are designed to sequentially move teeth. It is very important to wear each aligner in sequence and for a minimum of two weeks or as directed by our office.
- When progressing to a new set of aligners:
 - There may be some soreness with a dull achy sensation. This is OK, it means the teeth are moving. For any discomfort, take something normally taken for a headache. The soreness should not extend beyond three to four days.
 - You may notice a small space between the aligner and a tooth. This will decrease as the tooth moves into place. If an aligner does not fit properly, promptly contact our office.
 - If at the end of the two week period your current set of aligners are still tight, (difficult to put into place and remove) continue to wear the current set of aligners for an additional week before progressing to the next set. If the situation continues, please promptly contact our office.
- During the final stages of treatment, an additional scan may be needed for refinement and detailing. This could require more aligners to get the smile we want you to have.
- In the event of loss or breakage, please contact our office promptly.
- Please save ALL aligners in a safe place, such as a shoebox, until your treatment is complete.
- When you come in for an appointment, please bring your current set of aligners as well as the previous set.

We look forward to working with you during your treatment and would like to thank you for choosing our office.