

Aligners



Instructions:

Please wear your aligners full-time (at least 21-22 hours/day). Unless instructed otherwise, wear each set of aligner for one week. You should remove your aligners to eat and brush but replace them as soon as you are finished. When the aligners are not in your mouth they should be in the case you were given to prevent loss or breakage. The most common way to lose an aligner is putting it in a napkin at school/work or a restaurant. To avoid this, always place aligners in the case when they are out of the mouth.

Use and Care:

Clean your aligners after each meal and before going to bed. Keep your aligners clean by using your toothbrush. Never use hot water on the aligners as this may distort the shape. Do not soak your aligners in denture cleaner or mouthwash as this may damage the surface of the aligners, causing them to become dull or discolored.

What to expect:

Initially the aligners may feel bulky and affect your speech somewhat. If you continue to wear the aligners full-time as instructed you should adapt quickly (within two days). Typically there will be some soreness for a few days after starting a new aligner. This is normal and means the teeth are moving. Depending on the level of discomfort you may wish to use Ibuprofen or Advil but continue to wear the aligners.

If you lose or break an aligner:

If an aligner is lost or broken, simply move to the next aligner. The new aligner will likely feel especially tight for a couple of days but your teeth will adapt. If this happens then wear that new set of aligners for two weeks instead of one. It is a good idea to keep the previous set of aligners. That way if you have difficulty wearing the next set you can drop back to the previous set until we have a chance to see you in the office.

Attachments:

Attachments are small composite shapes temporarily glued on the surface of teeth to make specific movements more efficient. If an attachment or attachments fall off your teeth, you do not need to call or come in for an appointment for repair. Simply tell us at your next regular appointment and we will decide whether the attachment needs to be replaced or not. Losing attachments will not prolong your time in treatment.

Tips:

- If you do not wear your aligner the prescribed number of hours, your teeth will not fully correct
- Keep aligners away from pets as they like to chew them
- Aligners should always be in your mouth or case to prevent loss or breakage.

For more information on aligners, please see “Ask Joe” at nelsonsmiles.com