

## Clear Aligner Therapy

**Wearing aligners:** Aligners should be worn **at least 22 hours per day**. They should be placed gently on the teeth and snapped on. You will notice at first that the aligners fit tightly and during wear you will feel pressure on your teeth. This is normal and is a sign that treatment is working and your teeth are moving.

When you first begin wearing the aligner, you may notice a slight lisp. This is to be expected. As your tongue adjusts to having aligners in your mouth, the lisp will go away. This may take up to one week. Everyone reacts differently to aligners at first. Some people may experience excess saliva and will need to swallow more frequently. Others may experience “dry mouth” at the start of treatment and will need to drink plenty of water.

Hot liquids and high sugar content drinks should be avoided while wearing aligners. The aligners help keep sugar & food next to the teeth, so it is important to rinse them out after every meal and non-water beverage. If any part of the aligner is rough, you can use an emery board or nail file to smooth the edges (make sure you use a new one).



**Chewies:** Chewies close air gaps between your teeth and your aligners to help seat them completely around the teeth. You should place between your teeth and squeeze on a Chewie (either "long way" or "short way" are fine). Move it from one end of your mouth to another, continuing to bite up and down, until you have bitten on it with all of your teeth. Then go back and do it again, and keep repeating the process. Chewies should be used every day for 10 minutes in the morning and 10 minutes in the evening. Squeezing or clenching on your aligner does not place the same pressure that is needed for proper seating.

**Cleaning aligners:** Aligners should be cleaned gently with a toothbrush and cool water whenever removed. Denture cleaner can be used a few times a week to make get the build up off.

**Changing aligners:** You will wear each set of aligners for \_\_\_\_\_. Before moving onto the next aligner, most of the tightness should have subsided. Keep the old set in case the current set is lost. Contact us immediately if a set of trays is ever lost.

**Storing aligners:** Aligners should always be kept either in the mouth or in the case. Avoid boiling water and bleach. Be sure to keep aligners away from pets because they love to use them as their new chewing toy!

## NEVER FALL OFF TRACK

- ✓ **When placing the new aligners, massage them into place with chewies**
- ✓ **Wear them 22 hours per day**
- ✓ **Within 2 days they should fit like a glove; no wobbling, no space under aligner**
- ✓ **If not, call the office to be seen as soon as possible**
- ✓ **NEVER arrive at the office with NO aligners, or aligners that do not fit**