

ALIGNER INSTRUCTIONS

Your aligners *MUST BE WORN* at all times, except when eating, drinking, brushing, and flossing – about 22 hours per day. If not worn properly, your treatment will be prolonged.

For the first 24-48 hours after you start wearing your aligners, you may experience some *TIGHTNESS OR MILD SORENESS* of your teeth. This is normal and you can help “work the soreness out” by gently squeezing your teeth together with the aligners in place. Do this squeeze technique for five-minute intervals, three times per day, for the first two days of each new set of aligners.

CHANGE TO YOUR NEXT SET of aligners as instructed. Do not accelerate changing your aligners unless instructed to do so. If you have not worn your current aligners full time as instructed, your teeth may not be ready to accept the next aligner. You may need to wear your aligners a few more days before changing to the next set. Place your used aligners back into the original packaging. Always keep all of your used aligners.

STORE YOUR CURRENT SET OF ALIGNERS in the plastic case when they are not being worn. Always store them in a cool, dry place. Keep your aligners away from boiling water, bleach, and other extreme cleansers.

Gently *CLEAN YOUR ALIGNERS* with a toothbrush whenever they are removed. A mild liquid detergent can be used if necessary.

“*ATTACHMENTS*” are small, tooth-colored spots of bonding glue, which may have been applied to one or more of your teeth. There will be a corresponding dimple or hole in each of your aligners, which will fit over the attachment on your tooth. Attachments help the aligners to get a better “grip” on certain teeth in order to improve their effectiveness. Please tell your dentist or hygienist not to remove these attachments as we will remove them once your treatment is complete.

If you *LOSE OR BREAK* an aligner, call our office as soon as possible for instructions.

Please consult Dr. Bryant before having any *FILLINGS OR OTHER DENTAL RESTORATIONS* placed, as this may affect the fit of the aligners.