



Clear Aligners Instructions

- You must wear trays **22 hours a day or more**. If the trays are not in your mouth, your teeth are not moving.
- Don't take out for more than **40 minutes at a time**- Movements will not occur as projected when teeth are constantly moving back to original positions .
- **Chewies are your friend**. Our office will provide you with mini foam rollers to chew on to help set your trays. You may request more at any visit, just ask your friendly assistant.
- Sore spot on your gums or tongue from a sharp spot on the tray? Use a nail file to smooth it out if you can't come into the office right away.
- No other beverages besides water while the trays are in. You do not want acidity or sugar pressing against the teeth. Also, **no very hot** water so as to avoid deforming the trays.
- Soaking them in full strength hydrogen peroxide will get rid of stains- it works better than the cleaning crystals (you can keep a small container with a lid by the sink so you can shake trays in the peroxide- change peroxide about once a week). Using a toothbrush and water is sufficient cleaning as well.
- **Use your case!** Do not wrap in a napkin or stick in your pocket- this can bend them or they can easily be mistaken as trash and thrown away (expensive mistake)! Pets LOVE to chew these so don't leave them out of the case at home.
- **Always hold on to your previous set of aligners**. Keep the last set of aligners just in case you lose or break the current set. While you wait for a replacement set (takes approx. 1 week), you should be wearing the previous set of aligners to make sure the teeth don't move into a new, unwanted position. **If a tray is lost it is \$200 to replace the set (\$100 per tray)**.
- If elastics are part of the treatment plan these can be worn at night and any time they are worn during the day is extra (beneficial!) reinforcement.