

# Taking Care of Your Aligners

## #1: Wear Aligners 20–22 Hours Per Day

If the aligners are not worn ... they are not working. Remove aligners only for eating, drinking (anything other than water), brushing, and flossing.

## #2: Change Aligners as Directed

Follow your prescribed schedule. Always keep your previous set in case you are instructed to go back to it.



## #3: Remove Aligners Before Eating

Eating with aligners in place can damage or stain them. Drink only water while wearing aligners.

## #4: Brush and Floss After Every Meal

Clean your teeth before reinserting aligners to reduce the risk of cavities, staining, and gum inflammation.

## #5: Attachments

Occasionally an attachment may break or detach. Contact our office if:

- Multiple attachments come off, An attachment is causing discomfort, You are unsure whether an attachment is missing
- Attachments can stain !



## #6: Clean Aligners Daily

Rinse with lukewarm water and gently brush with a soft toothbrush. Avoid hot water, which can warp the plastic.

## #7: Store Aligners in Their Case

Never wrap aligners in a napkin or leave them exposed. Most lost aligners are accidentally thrown away.



## #8: MANAGE INITIAL SORENESS

Initial discomfort or soreness may be reduced by taking over-the-counter pain medicine you normally would take for a headache.



## #9: Helpful Tips

- If an aligner feels tight, that is usually a sign it is working.
- Contact the office if an aligner cracks, is lost, or does not fit properly.

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