

Other Tips:

- * If you have a rough spot on your aligner, gently use a Scotchbrite pad or an emery board to smooth out the area
- * If your aligner becomes lost, cracks, etc. after one week of wear, it may be okay to move into your next aligner. However, please call our office to confirm if that is okay.



- * You never want to go without wearing aligners, if you're on your last aligner and it is not time for your next scheduled appointment make sure to stay in that last aligner until you return to us.

And Remember

Due to the advanced technology used during treatment, it is easy to tell if aligners are being used as instructed. If instructions are not followed additional fees will apply:

- A **\$500** fee for a Mid-course correction due to noncompliance
- A **\$1000** fee to switch from clear aligners to traditional braces.



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Clear Aligners

The clear Alternative to Braces

What you need to know

Treatment Progress

The most important variable for the success of your Clear Aligner treatment is your compliance in wearing the aligners as instructed. 

Aligners need to be worn **a minimum of 22 hours** per day, without exceptions. This includes wearing rubber bands if indicated during treatment.

Your aligners will be changed on a weekly basis, unless instructed otherwise by the Doctor. The best indicator that you are ready to change into your next aligner is the overall fit of your aligners.

There should be no visible space between the edge of your teeth, and the aligner itself.

If a gap exists, aligner chewies should be used until the aligner fits properly with no gaps from the edge of your teeth.



For Example

DO NOT TRANSITION TO YOUR NEXT ALIGNER UNTIL ALL GAPS BETWEEN THE TEETH AND THE ALIGNER ARE RESOLVED.



Caring for your Aligners

- Never eat or drink anything but water with your aligners in place.
- When removing your aligners place them into the case provided for safe keeping . Do not place your aligners in your pocket or napkins as this will lead to accidental damage or discarding of the aligners.



- Brush the inside of the aligners carefully after every meal. They should be crystal clear at all times. If aligners are cloudy , this is an indication of plaque accumulation, which can be extremely damaging to the teeth, leading to decalcification(white spots) and cavities of your teeth.
- Brush the inside of the aligners with toothpaste and COOL water, or with baking soda and water.
- In addition to brushing your aligners to keep them clean, specialized retainer soaks are available from online stores and some aligner manufacturers. Please follow the directions that come with your product.