



Clear Aligners

Wear

- Must be worn **22 hours per day** except when brushing, flossing, eating, and drinking
- Make sure your aligners are fully seated and fitting snugly on the teeth
- Do **not** bite an aligner into place
- When inserting aligners, begin with your front teeth
- When removing aligners, begin with your back teeth

Troubleshooting:

If your aligner has a sharp edge, carefully file it down with an emery board. If you break or lose an aligner, please call our office. If the aligners aren't worn as prescribed, we may need to restart the treatment.

Changing Aligners

Wear each aligner for **the amount of weeks** prescribed. Do not change the aligner if it is still fitting tight, difficult to remove/place, or causing soreness with wear. Instead, continue to wear your current aligner for as many days as necessary to move into the next aligner comfortably.

Care

Clean your aligners at least **2x/day** by brushing them with water, or unscented soap followed by a really good rinse. **Do not use toothpaste.**

If you are unable to brush, at least rinse your teeth and aligners with water.

Soaking aligners in Polident or Retainer Brite will also keep them fresh.

Brush and floss your teeth before reinserting your aligners, especially after eating or drinking any sugary or citrus foods or beverages.

Only drink water with your aligners in place.

Attachments

- Make sure aligners are fully seated and massage the aligners over the attachments to ensure they are fully engaged.
- If an attachment is not engaged, it can work against your treatment.

Troubleshooting:

If an attachment is broken, please contact our office to pick a time to repair it. A broken attachment is **not** considered an emergency.

Unseated Aligner (Spacing between teeth and aligner)

If your aligner does not seat properly, ensure you are wearing your aligners for **22 hours per day**, return to best-fitting aligner. If no improvement, call our office.

Medford Pediatric Dentistry and Orthodontics

30 Jackson Road, Suite B-2, Medford, NJ 08055

P: 609-654-0600

www.medfordpdo.com