

Aligner Guide

Aligners **MUST** be worn a minimum of 22 hours a day, for a minimum of two weeks. You cannot wear your aligners too much; you can only wear them too little. Remove them only to eat, brush your teeth, and floss.

As soon as you have finished eating, brush your teeth. Then carefully clean each aligner by holding it in your hand and brushing it with your toothbrush and toothpaste. If you find the aligners are starting to discolor, you may brush them with a toothbrush and white vinegar, or soak them in clear Efferdent to clean them more thoroughly.

NEVER use hot water or boil your aligners.

DO NOT put your aligners in your pockets or leave them lying around. Small children or pets can chew them, break them, or lose them!

DO NOT wrap the aligners in a paper napkin or tissue when they are out of your mouth, as someone may throw them out!

DO NOT discard old aligners until you are instructed to do so.

If your aligners are distorted or broken, please call the office for an appointment immediately.

If your aligners are irritating your gums, you may use a fine nail file on the edge of the aligner where it is rubbing. You can also place wax on the edge, but remember to first dry the area where you want to place the wax or it will not stick.

If your aligners are lost or broken beyond repair, the fee to replace them is \$250 per aligner.

Signature: _____

Date: _____