



Clear Aligner Instructions

Purpose: To correct minor discrepancies of crowding and spacing problems.

Invisible Wear:

You should wear your aligners according to the following schedule

- 24 hours per day 7 days per week. (A minimum of 20 hours per day)
- Wear each aligner for 2 weeks then change to new aligner.

Invisible Cleaning: We recommend that you clean your aligners with a toothbrush and cool water. Try to avoid excessive use of toothpaste because of the abrasives in the toothpaste. It can damage the aligner material. You can soak the aligners in a 50/50 mix of denture or retainer cleaner and Listerine 2X/week. Do not soak more than 15 minutes. Remove from solution and rinse in water immediately.

Safety: If the aligners are lost or damaged beyond repair, we will charge a fee for replacement. Also, call us as soon as possible to prevent your teeth from shifting.

To avoid this, please follow these rules:

- Do not leave your aligner on a cafeteria tray, or wrap it in a napkin or paper towel; you may accidentally discard it. Use the proper case provided for storage of your aligner when it is not in your mouth.
- Do not leave your aligner in a place where animals can get them as they enjoy chewing on them.
- Do not put your aligner in your pocket, as this may cause them to become bent or broken.
- Do not place the aligner in hot water or near heaters.
- Do not chew on your aligner. This will flatten them and they will no longer fit.
- Do not eat or drink anything but water with your aligners.

Adjusting to your aligners: You may find it difficult to speak clearly at first. With practice, however, your speech will return to normal. Also, for several days after the aligners are placed, extra saliva may be produced. This will gradually lessen.

We invite you to call us if you have any concerns.

Dr. Gary Cartwright and Staff