



Please protect your investment by wearing your aligners. ***Without proper aligner wear, the potential for your teeth to move is near impossible.*** To maximize your aligner investment, please be mindful of the following:

1. **Always wear your aligners as prescribed.** Without proper aligner wear, expect your teeth to move at a much slower rate, if at all. We recommend this general guideline:
 - Wear your aligners 20-22 hours per day, only taking out to eat or brush your teeth unless instructed otherwise by your doctor..
 - *You can drink water with them in, but you need to remove for anything hot or sugary. We do not want the aligners to warp, stain or trap the acid or sugar against your teeth.
 - *When eating, avoid hard or crunchy foods as they can cause attachments to break off.
 - Wear each aligner a full week prior to moving to the next set unless the Dr. prescribes otherwise.
 - When switching to your next set of aligners, we recommend putting them in right before you go to bed. You do not have to do this, but it can reduce the discomfort of a new tight aligner by allowing your teeth to settle in while you sleep!
 - The aligners and their bags are each marked with the # and the letter “U” for upper or “L” for lower.
 - There is a spot on each bag to write notes. This is where you can write the date you started wearing that set of aligners so you know when you can move to the next set.
2. **Keep your aligners clean.** Clean your aligners prior to each insertion and before going to bed. After removing your aligner, gently brush it using a soft bristle toothbrush, toothpaste and cool water. Be sure to rinse with cool water (NOT HOT) prior to insertion. DO NOT soak the aligners in denture cleaner or mouthwash as those solutions can damage the surface of the aligner.
3. **Aligner checks and retention are important.** Appointment timing can depend on the need to change attachments. Each treatment is designed specific to the way your teeth need to move. Sometimes attachments need to be added or removed during treatment. Once treatment is finished, you are given your final set of retainers. Please note, keeping your final few sets of aligners is recommended. You can use them for emergency backup retainers, but only until you can get your retainers replaced.
4. **Protect your aligners.** Your aligners have been custom-made for you and are quite delicate. Please store them in the provided cases when not being worn. This will ensure clean storage and minimize potential for loss or damage. The aligner bag is marked with the # of each set. When done with an aligner, put it back in the correct bag and save it. This is to keep them safe in case they are needed again. We recommend saving the last 5-6 aligners, all other past aligners can be discarded.
5. **If you lose an attachment.** We may catch the lost attachment before you notice but please send a message in your dental monitoring app to let us know if you lost an attachment. Once you take your next scan we will determine if that attachment needs to be replaced soon or if it can wait until the following scheduled appointment. If your attachment needs to be replaced please bring your attachment template with you to your appointment. The bag will be labeled template and should be in your box of aligners. If the template is not in the box, please bring one of your previous aligners with you.
6. **If you lose an aligner.** Please try in the next aligner. It could be extra tight at first, extended wear time may be necessary in order to keep treatment on track. If moving ahead early is not possible (aligner is too tight and will not go in), call us and we will have you wear your last aligner as a retainer and order a replacement.
7. **Use and Care Instructions.** In addition to these instructions, the aligner lab included a handout with your provided aligners and cases for your review.