

Caring for Orthodontic Aligners

While there are no dietary restrictions with Orthodontic Aligners, there is a lifestyle commitment. Maintaining one's aligners, following care instructions, and performing regular, proper dental hygiene will ensure a smooth and successful treatment outcome.

General Instructions for Aligners

1. Aligners are to be worn for **22 hours** of the day- only out to clean your teeth and to consume food or drink.
2. When removed, aligners should **ALWAYS** be placed in the provided case, to keep them clean and safe and avoid losing them.
3. Placing and removing aligners is best done with the fingers; **NEVER** bite aligners into place, this can damage the aligners .
4. Aligners should be removed from the inside (**NOT** by the cheek), starting at the back to prevent damage to the bonded attachments.
5. Avoid pulling the aligners out from one side only, as this can warp or crack the aligners.
6. We recommended changing aligners at bed time to get the most hours of continuous wear of the newly placed aligner.

IMPORTANT: Keep 4-5 previously worn aligners, in the event an aligner is not fitting and the teeth are not "tracking" well, we can "walk back" into an aligner that fits and work back up again- this saves you time and money.

Instructions for Care of Aligners

1. Aligners are not to be worn during the consumption of food or drink- **except for water.**
2. Soft drinks, coffee, tea etc. can get trapped between aligners and the tooth surface possibly leading to cavities or staining of teeth and aligners.
3. Ideally, both teeth and aligners should be brushed after eating/drinking, before placing aligners in again- even after small snacks.
4. **IF** unable to brush after eating/ drinking, a thorough rinse of the mouth and aligners with water is suggested.
5. Tooth pastes or other cleaning agents are not necessary, just brush them gently inside and out to avoid staining/discolouration.



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