

SMILE ART ORTHODONTICS

Aligners

Aligner schedule:

Aligners should be worn 24 hrs/day except while brushing, eating and swimming, unless otherwise instructed by your orthodontist.

General instructions:

- Initially, your speech may be affected and your mouth may water a lot. This will return to normal within 2-3 days.
- To clean your aligners, brush them 2-3 times a day when you brush your teeth, and rinse them with tap water (not too hot or too cold). Regular use of a good retainer cleaning solution is recommended to prevent build-up on the aligners.
- Whenever you take your aligners out, place them in the case provided.
 - **Never** put them in your pocket, they can break or distort.
 - **Never** wrap them in a napkin, they will get thrown away.
 - **Never** leave them out, little kids think they are interesting toys and dogs love to chew on them.
- Do not flip the aligners in and out with your tongue, they will break, loosen or distort and stop fitting.
- If your aligners are lost, broken, or not fitting well, please call the office immediately. Teeth can start shifting back to their original positions very fast if the aligners are not used or not fitting well anymore.

-Dr. Monica Teredesai