

# Invisible Aligner Care & Cautions

## Wearing Your Aligners



Wear your invisible aligners at least 22 hours each day. Your teeth will not move into proper alignment if trays are not worn for the prescribed period.

Proper fit



Ineffective fit



To work properly, aligners must remain snug against your teeth.



**1** To properly seat invisible aligners, place them firmly in your mouth **with your fingers**. Biting them into place may damage the appliances.



**2** Next, gently bite up and down on a cotton roll, or other seating device, moving from one side of your mouth to the other.



**3** Make sure to apply pressure to each tooth. **Remember to reseat aligners after removal and at bedtime so they will work while you sleep.**

## Caring For Your Smile



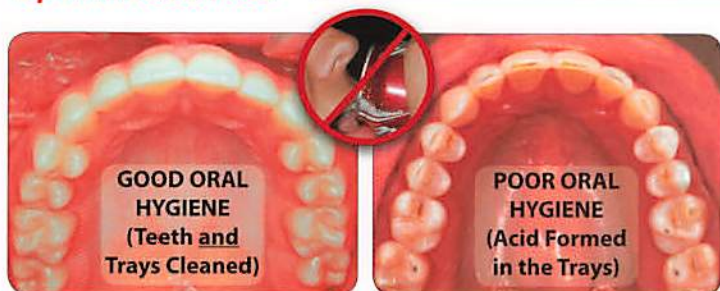
Keep aligners clean and odor free by thoroughly brushing once a day with a soft toothbrush and dish liquid. (Or, your doctor's recommendation.)

**Never try to sanitize trays by putting them in boiling water, bleach, or in the dishwasher.**



Remove trays before eating. After eating, it is vital to floss and brush your teeth because invisible aligners limit the cleansing, remineralizing effect of saliva and can hold harmful substances against your teeth.

## Special Cautions



Because sugar and plaque combine to form acid, your aligner trays can act as an acid trap when they retain residue from sugary or carbonated drinks. Left uncleaned for days or weeks, the acid can demineralize your teeth at an alarming rate causing white spots, swollen gums, and decay.



Poor oral hygiene, not wearing your aligners, and missing appointments can lengthen your treatment time and possibly increase costs.

## Things to Note



Aligners are made of plastic and can be **ruined by heat**. Do not leave them in a hot car or subject them to any kind of excessive heat (including hot beverages).



When not wearing your aligners, they should be in a case with your name and number on it. If wrapped in a napkin, they are likely to be thrown away. There is usually a charge to replace lost aligners.



Chewing on hard objects can damage trays or knock off the "buttons" that keep aligners working. If an aligner won't seat or you can't wear it, call us immediately. Don't wait until your next appointment.

Flicking trays out of position with your tongue and then biting them into place can damage or break your aligners.

If sharp outer edges of the trays are irritating your mouth, gently smooth the rough area with an emery board.

**After treatment, you will need to wear retainers so your teeth do not move out of alignment.**

Southern Nevada Orthodontics  
(702) 909-2900  
Dr. Byron Tam