

# Aligner Care and Instructions

Silversmith Orthodontics

401-667-7079

- **Wearing Your Aligners-** For your clear aligners to work properly, aligners must remain snug against your teeth for a minimum of 18-20 hours per day. This means only removing them for meals and to brush your teeth. They should be worn during the time you are sleeping as well. This includes faithful wear of your elastics if indicated during your treatment. Your clear aligners will be changed on a weekly basis unless other instructions are indicated by Dr. Silversmith. Your teeth will not move into proper alignment if aligners are not worn for the appropriate time.
  1. To properly seat your clear 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 the chewie device, moving from one side of your mouth to the other. The chewie will ensure that your clear aligners are seated properly over your teeth.
  3. Remember to reseat your clear aligners with your chewie each time you place them back into your mouth. This includes after each meal. To use the chewie, bite down and hold in the area where the aligner needs to fit better for 5 seconds, then release. Using your chewie for **10 minutes up to three times** a day also will promote success in your treatment. Your aligners should have no visible space seen between the edge of the teeth, and the aligner itself, when you are ready to change. The aligners should always fit tight over the teeth, so no space is visible at the edge of the teeth. If a gap exists, aligner chewies should be used faithfully until the aligner fits properly.



- **Caring For Your Smile-** Keep your clear aligners clean and odor free by thoroughly brushing inside and outside with a small amount (smear or the

remaining foam that is left after brushing your teeth) of toothpaste and **COOL** water. If brushing your aligners is not possible (such at work or school), an alternative is to chew a piece of gum for 2-3 minutes, rinse with water, then replace your aligners. Brush your teeth and aligners at the next possible opportunity. Aligners should be always as clear as possible. If your clear aligners are cloudy, this is an indication of plaque accumulation, which can be damaging to teeth leading to decalcification and cavities.

1. Remove your clear aligners **before** eating or drinking anything except for water. Eating with aligners in your mouth may cause damage to your appliance and is not ideal for the health of your teeth. Sugar and plaque combine to form acid, your aligners can act as an acid trap when remaining in place while eating or drinking. Left unclean, this acid can demineralize your teeth at an alarming rate causing white spots, swollen gums, and tooth decay.
2. When eating or drinking, place your aligners **into your case** for safe keeping. Do not place your aligners in your pocket or a napkin as this will lead to **accidental damage or discarding** of aligners.
3. If you do not have a sulfa allergy, denture cleaner may also be used in addition to brushing your aligners to keep them **extra clean**. Place the aligners in **cool** water along with a denture cleaning tablet (or half white vinegar and water) and allow them to soak for 15 minutes. Remove the aligners, be sure to brush and rinse them before placing them back into your mouth.
4. Poor oral hygiene, not wearing your aligners, and missing appointments can **lengthen your treatment time** and possibly increase cost.

**Other tips:** - If you have a rough spot on your aligner, gently use an emery board to smooth out the area.

- If your aligner becomes damaged, such as cracked or broken, or you lose it, it may be okay to change into your next aligner. Please call our office (401-667-7079) to confirm if this is okay.

## Things to Note

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

- Chewing on hard objects can damage aligners or knock off the attachments that keep the aligners working. **If an aligner won't seat or you can't wear it, please call us immediately. Do not wait until your next appointment.**
- Flicking trays out of position with your tongue and then biting them into place can **damage or break your clear aligners.**

Each clear aligner should be kept after use. Please wash them thoroughly, let them air dry, and return them to original bag. Keep these in a safe spot throughout your entire treatment. Your last aligner at the end of your treatment may also be worn as a replacement for your retainers should you lose them.

Once treatment has come to an end and we remove your attachments, you may discard previous aligners. As noted above, please save the very last one.

If at any point you have lost your retainers, you may use these as back up. Please call us immediately, do not wait until your next appointment. This is vital in keeping your teeth in proper alignment.

For any questions, please call our office at 401-667-7079.