

## Your Clear Aligners

Congratulations on beginning orthodontic treatment! Remember for treatment to be effective you need to wear your aligners for approximately 20 to 22 hours per day, removing them only to eat, drink and brush. If your aligners are not in your mouth, your treatment is not progressing. Please refer to the guideline below:

- Each Invisalign aligner is to be worn for 2 weeks.
- Each Clear Image aligner is to be worn for 6 weeks.

Do not attempt to “speed up” the process.

Please note that when you are ready to transition to your second aligner keep the old aligner. Continue this process throughout treatment. At any given time you should have the aligner that you are wearing and the last aligner you wore.

### Clean your aligners with cold water and a toothbrush.

- Never attempt to clean your aligners by placing them in boiling water. High heat will ruin them.
- Soaking your aligners in mouthwash is not recommended. Alcohol will tend to make your aligners brittle increasing the likelihood of cracking.
- Soaking your aligners in mouthwash (i.e. Scope) will stain your aligners.
- For stubborn accumulations you can use liquid dishwashing detergent; you might want to get a separate toothbrush for this purpose. Rinse thoroughly!

### There are two places your aligners are safe – your mouth and the aligner case. When your aligners are not in your mouth keep them safe inside their case.

- The most common way patients lose their aligners is by accidentally disposing of them after meals. *Never wrap your aligner in a napkin! Your friend will throw it away.*
- Dogs love aligners. Believe it or not this is the second most common way aligners are lost.
- Do not place your aligners in your pocket or your purse.
- Never squeeze the ends of your aligner together...it will crack.

### Some activities are not meant to be shared with your aligners.

- Do not take your aligner boating or swimming, odds are you will lose it.
- Do not chew gum with your aligners in. Gum sticks to aligners.

### Always wear your aligners to your appointment.

**If your aligners are lost or broken please contact us immediately! 941-953-7500**