



## Caring for Your Clear Aligners

Wearing your clear aligners requires patience and discipline. Often, the result of treatment can be more than just a healthy smile, as your orthodontist is also preventing problems from developing later.

Proper oral care at home is important because it will help minimize your treatment duration. Furthermore, it will contribute to the long-term health of your teeth and gums. As long as you follow our instructions to keep your aligners clean, you are at no greater risk for developing gum disease and cavities compared to those without aligners.

And your reward? A lifetime of healthy, straight, beautiful smiles! Just follow these **tips**:

### **Wearing Your Aligners**

- At least **22 hours** of wear per day is optimal to ensure that your teeth move efficiently
- While wearing the aligners, **massage** and **pinch** them with clean fingers for several minutes per day
- Bite down on a **broad** and **flat eraser** to help seat the aligners
- You can file the **edges** of the aligners gently with an **emory board** if they are bothersome.
- When you remove your aligners for meals, snacks or drinks, always **store** them in the **provided case**. Do not wrap them in a napkin as you may throw them out.

### **Caring for Your Teeth**

- **Remove** your aligners for **eating** and **drinking**. You may leave them on when drinking water, but not hot water.
- **Brush** and **floss** your teeth after each meal, drink or snack prior to re- inserting your aligners. Make sure you carry a tooth brush, tooth paste and floss with you on the go!

### **Cleaning Your Aligners**

- Clean your aligners prior to insertion. Use a **soft bristle toothbrush** with small amount of **soft soap** to gently scrub your aligners. Do not use tooth paste to clean your aligners. Rinse with water afterwards.
- When you move on to your next set of aligners, clean the former set and allow them to dry before storing them. **Always save at least one previous set**. Call our office at **914.923.5089** to let us know that you misplaced your aligners. If necessary, you can wear the former set while we order you a replacement.