



Caring for Your Clear Aligners

Wearing your clear aligners requires 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
- If we prescribe rubber bands, please wear these **22 hours** per day unless otherwise instructed.
- Chew on the provided **chewies** to help seat the aligners 10 minutes per day
- File the **edges** of the aligners gently with an **emery board** if they are sharp.
- 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

- It is normal to experience the feeling of pressure on your teeth as they move. You may periodically require over the counter tylenol, particularly when you change into a new set of aligners.
- **Remove** your aligners for **eating** and **drinking**. You may leave them on when drinking plain 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 and Caring for Your Aligners

- Clean your aligners prior to insertion. Use a **soft toothbrush** with small amount of **foaming soap** to gently scrub your aligners. Do not use tooth paste to clean your aligners. Rinse with water afterwards.
- Keep your aligners away from anything hot (stove, radiator, hot car) and away from pets
- 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 for a fee.