

HIGH LINE ORTHODONTICS

Your Life In Clear Aligners...

Three rules for treatment with clear aligners:

- **Wear them** 22 hours a day 90% of the time.
- **Don't eat or drink** anything other than flat water **with aligners in.**
- **Brush or at least rinse** with water after eating/drinking before putting aligners back in.

Cleaning aligners:

- Clean your aligners every time you brush your teeth.
- Clean them with liquid soap (dish or hand), a soft toothbrush and cool water (do NOT use hot water as it will deform the aligners).
- Do not use toothpaste to clean your aligners. Toothpaste often has hard pumice particles that will scratch the aligners and cause them to retain bacteria and staining.

Caring for your aligners:

- When not in your mouth, your aligners should be in your protective case. Avoid putting them anywhere else as the possibility of them getting misplaced/damaged or thrown away is very high.
- Keep aligners away from pets and children!
- Keep your aligners away from heat. It will deform them because they are plastic.

If you lose an aligner:

- If you are just 2-3 days from moving to your next aligner, move to your next aligner and wear it the remaining time due to the lost aligner plus the full amount it was needed to wear the next aligner.
- When in doubt, call or email the office—we will tell you what to do based on your specific situation.

Keep your previous aligners:

- Sometimes aligners get lost and you go a few days without wearing them. Your teeth may shift back and you may need to find the best fitting previous aligner to move on from there.

Use chewies:

- Do the chewing exercises every day for 5-10 minutes to help your aligners fully seat around your teeth.
- Bite on the chewie, holding 3-5 seconds. Then move to a different area of the mouth and bite and hold again for 3-5 seconds.

If a clear aligner attachment(s) comes off:

- If a few attachments come off, do not worry. Give the office a call and let us know the attachments came off. Most likely we will tell you to wait until your next visit and we will replace them then.
- If more than four attachments come off, please call the office and arrange a time for an extra appointment at your convenience to replace the attachments.

Inserting and removing aligners:

- To put on aligner, line the tray up to your front teeth and push them into position from front to back- making sure they are fully seated.
- To remove aligner, remove from the back on the tongue s tongue (lingual) side ide. Once a corner is removed, gently push the aligner towards your cheeks to disengage the attachments, then pull forward with both hands

If you have a day or several days with less than 18 hour wear, wear the aligners for an extra day or two or three to keep up with tracking.

Expect achiness and a strange or uncomfortable bite—take Tylenol or Advil.

Expect spaces to form between your teeth—this is normal while teeth are moving! They will close by the end, don't worry.

Poking or scratching aligner—file off with fine nail file or clip 1 mm from aligner with small cosmetic scissors.

If there is a gap between the edge of your teeth and the aligner, that means that it is a poor fit. Use the Chewies- bite down and hold for 5 seconds in the area where the aligner needs to fit better. Repeat for 10 minutes at a time, up to 3 times per day. Do not transition to the next set of aligners until all gaps between the teeth and aligner are resolved. Consider purchasing PulsatePro from Dentakit.com.