

POST-OP INSTRUCTIONS - ALIGNERS

The first 2-3 weeks you wear your aligners will typically be the most challenging as you and your mouth adjust. Any initial issues are temporary and normal and will get better quickly!

1. Always remember to wear your aligners full time which means ~22 hours per day. The only time you should remove it is when you eat, drink, brush, and floss.
2. Make sure to use the correct aligner
 - Upper aligner for your upper teeth
 - Lower aligner for your lower teeth
 - Either may be inserted first
3. When inserting the aligner:
 - Gently push the aligner over your front teeth
 - Next, gently push the aligner on your back teeth with your fingertips until the aligner snaps into place

Do NOT bite your aligners into position since it may result in breakage or distortion of your aligners decreasing their efficacy.

4. Clean your aligners every time before you insert the aligners. Use a soft-bristled toothbrush with water.
 - Be sure to rinse each aligner thoroughly with water after each time you clean it.
 - DO NOT use denture cleaners to clean the aligners, and DO NOT soak them in mouthwash. These products can damage the surface of the aligner causing them to become discolored and less effective.
5. Remove your aligners for eating and drinking.
6. Brush and floss your teeth after eating or drinking prior to insertion of your aligners.
7. Make sure to continue seeing your general dentist for regular cleanings and checkups.
8. If an aligner is lost or broken, please schedule an appointment with us as soon as possible, and we will evaluate whether we need to order a replacement aligner.
9. If an attachment is lost or broken, please schedule an appointment with us as soon as possible. Attachments are vital for tooth movement to occur predictably, so we will need to replace them as soon as possible.
10. Some tooth soreness for the first few days when starting aligner treatment is normal. The soreness should gradually go away after a few days. Over-the-counter pain medication can be used as advised by your orthodontist.

We wish you a speedy and uneventful recovery!

-Team Indiadens