



Aligner Instructions

Aligner (tray) wear: Aligners are to be worn full time with the exception of cleaning teeth and eating. The recommended minimum length of time is 22 hours per day.

- When aligners are not in your mouth they are not working, so treatment is not progressing!
- Possible relapse – If a period of time passes and aligners are not in the mouth, relapse can occur which will greatly affect treatment responses and time.
- You may drink with your aligners in, but stay away from hot, sugary and colored liquids to prevent warping and staining your aligners. Always brush after eating/drinking before placing aligners back in the mouth.

Attachments: Attachments are components of treatment that are either facilitating difficult tooth movements or keeping the aligner stable. It is very important that the bumps, or attachments, on the teeth engage into the corresponding bumps in the aligner. Not all patients will have attachments.

- Insertion – Each time you insert your aligners, use your fingers then your Chewie. Bite the Chewie on each tooth along the full arch. This may apply to insertion of aligners even if there are no attachments. Aligners that are seated (fitting snugly on the teeth) are necessary to move your teeth



- Attachments should engage – Each time you place your aligner it is very important that you check to be sure the attachments are engaged. If they are not engaged the attachment can possibly work against your treatment plan. If this happens, keep chewing on your Chewie to help facilitate the fit. This can sometimes take minutes.
- Check attachments regularly and if one is chipped, broken, or loose notify your doctor promptly so your treatment does not regress.

Changing to the next set of aligners at home. At the two-week point you can determine whether to move to the next set of aligners:

- **DO NOT** change the aligner yet if the current aligner is still fitting tight (difficult to remove or place, or causing soreness with wear), or if small clear edges appear between the aligner and the teeth in any area. Wear it for one more week. If after the third week of wear any of the above are still present, call our office



- If you have increased the period of wear for a set of aligners, please call our office to adjust the timing of your next appointment. Careful monitoring and increased wearing time (if necessary) will prevent backtracking and extended treatment.
- If the current aligner fits well and is not tight, do not proceed to the next set unless it has been two weeks. Reduced pressure does not indicate that movements are not occurring.
- Be sure that when you place the new aligner that the attachments engage.

Cleaning: Clean your aligners at least twice a day with dish soap. Brush and floss your own teeth every time you eat or drink. Never try to sanitize your aligner by putting them in boiling water, bleach, or in the dishwasher. **Other IMPORTANT things know:**

- If you break or lose an aligner, call our office immediately. A replacement can be made for a fee.
- Occasionally, an aligner may have a sharp edge; if so contact our office.
- Impressions or scans may be necessary during or at the end of treatment. It is not an indication of something wrong, but simply a way of making adjustments in the treatment. Sometimes this is referred to as Detailing Your Finish.
- Lack of aligner wear can result in additional treatment fees to complete your treatment.

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