



ORTHODONTIC SPECIALTY SERVICES  
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### SPRING ALIGNERS

Spring Aligners are special purpose, custom-made removable appliances. They are very effective in aligning front teeth with slight to moderate shifting or crowding. This appliance is worn 100% of the time by you. If worn correctly, the teeth are usually aligned within 3-4 months. Once the teeth are properly aligned, your appliance will be used as a retainer and be worn part-time each night.

1. Spring Aligners are worn 24 hours a day until further instructed. The only time your aligner is not worn is while playing sports, eating, or brushing your teeth. The alignment and wear time will be re-evaluated based on any adjustments that may be needed. **Constant wear is crucial to the success of your Spring Aligner.**
2. Caring for your aligners involves brushing them thoroughly with toothpaste as you do your teeth. Occasionally, you may want to soak them in mouthwash to keep them fresh. A monthly soak in Efferdent® will remove excess plaque. Never use boiling water to clean your aligner or leave it on a hot surface. The heat will distort the plastic and the aligner will not fit properly.
3. These appliances are delicate, so please keep them in your case when they are not in your mouth. Never wrap the aligner in a napkin or tissue, as they may be thrown away. Keep the aligner away from pets – they love to chew on them.
4. If you lose or break your aligner, please call us immediately. Not wearing your aligner can allow teeth to shift and the aligner will not fit. Additional charges will be made for lost or broken aligners, an aligner that does not fit because of insufficient wear or negligence, and the associate office visits.