



Aligners

- Keep your aligners in for 20-22 hours.
- Take them out only when eating or brushing.
- You *can* drink water with aligners in
- If it's not in your mouth, it should be in the case.

Seating and Removing Trays :

- When putting it in → Make sure it is completely seated on your teeth, so there are no gaps.
- When taking them out → Remove with your fingers from the tongue-side, starting from the back.

Treatment Progress/Schedule :

- As you progress through the treatment, its best to keep your old aligner trays
- If you notice one of the attachments come out - usually if it is one or two-it is not a problem, and you can continue wearing the trays.
- If you have more than 4 attachments fall off, let us know because you may need to come before your regularly scheduled check-up.

Cleaning :

- To clean, can brush with toothpaste or can use retainer/denture cleaner tablets.