

Clear Aligner Instructions:

- Wear your aligners full time, ideally 22 hours a day and only taking them out to brush, floss and eat. Each aligner should be worn for 2 weeks at a time, unless Dr. Romick specifies differently, and worn exactly as directed by Dr. Romick. NEVER SKIP ALIGNER SEQUENCE.
- ONLY drink water with your aligners in. Please limit consumption of sugary drinks. If drinking something high in sugar, rinse prior to placing aligners back in. Doing so reduces the chances of trapping sugar and bacteria between the aligners and teeth. Colored drinks and smoking may discolor your aligners, just as they discolor your teeth, but keep in mind every 2 weeks you are moving to a new set.
- Do not throw any of your aligners away. Bring your last set with you to every appointment.
- You will have tooth colored attachments, check them daily. If one breaks, call our office so we can schedule a time to repair, or give further instructions.
- If you lose an aligner, wear the sequential aligner. If you do not have the next aligner, wear the immediate previous aligner. It is extremely important to always wear an aligner during treatment to prevent the teeth from shifting. Call our office with the lost tray information and we will order a replacement, or make other arrangements.
- When you begin wearing a new set of aligners, they may feel snug or uncomfortable. This is normal. It is important that they fit well after the 2-week period. If they do not fit well, it may be best to wear them for an extra week. If you have any questions, call our office.
- When changing to your next set of aligners, switching at night allows easier removal in the morning and minimizes any discomfort that you may have.
- Occasionally, you may have a sharp edge on an aligner. You may use an emery board to smooth it. If it is still rough or sharp, call our office so we can make comfortable.
- You may clean aligners with a toothbrush and toothpaste. We do not recommend mouthwash by itself. The aligners tend to pick up the strong color in the mouthwash. If you are getting over an illness and would like to disinfect further, you can soak the aligners in half part peroxide and half part water for 20 minutes to help kill bacteria. Rinse the aligners in luke-warm water before placing in soak and before placing back into your mouth.
- If you have pets, keep your aligners in the case and out of your pets reach. Pets are drawn to the smell of saliva, and will eat through the case and the aligners.
- Scheduling your next appointment before you leave the office after each visit is the best way to schedule a day/time that works best with your schedule. Appointments will typically be every 6-8 weeks, unless instructed otherwise.