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Clear Aligner Treatment Instructions

1) Included: sets of Aligners

- a. Each Aligner set is to be worn about 24 hours per day
 - b. ONLY taken out when eating or brushing your teeth
 - c. Consistent wearing allows for the most precise and rapid tooth movement
 - d. You may leave them in and drink water (ONLY) from a straw – never eat foods or drink anything besides water with your trays upon your teeth as decay can occur due to trapped food and drink particles
 - e. Try to leave the trays in as long as possible, the more often they are removed from your teeth, the greater the likelihood they will break
- 2) Aligners are to be worn for a **minimum of 10 – 14 days**, then the next set is placed upon your teeth
 - 3) Use the supplied ALIGNER CHEWIES, as instructed, to fully seat your aligners
 - 4) Daily, when aligners are removed during eating or toothbrushing, keep them in the case to prevent loss
 - 5) Clean your previous set and keep in the numbered plastic bag. ONLY use the previous set if instructed to do so. This set is saved for emergency if you should lose or break your current set during the first week of wearing your current set.
 - 6) When you place on the next set of aligners – **evaluate the fit by how the upper and lower front teeth touch the edge of the aligner.**
 - a. If they do not seat fully, continue wearing the prior set for up to 7 more days, and try in. If it still does not fit, continue wearing the prior set and contact our office for an evaluation appointment.
 - 7) Keep your last (previous) set for at least 2 weeks when wearing your newest set.
 - a. If you lose or break your newest set in the first week of wearing, try in the next set, if it does not fit, place on the prior set and contact our office.
 - b. If you lose or break your newest set in the second week of wearing, the next set will most probably fit, if not, contact the office and wear the prior set.
 - c. When contacting the office, be sure to tell us which set number is lost or broken and which set you are currently wearing.
 - 8) Two (2) Large or Four (4) Regular size Teeth Whitening Bleach Syringes are available for purchase and may be used over consecutive days within your trays to whiten your teeth

- 9) When Complete with Treatment, you should have at home Two (2) sets of Upper and Lower Quality Retainers – to be worn every night (forever). If you lose or break one set, then open and use the second set. Please call our office for us to order additional sets so they are available, as we never want you to go without having retainers.



Use the included Aligner Chewies, clean them and reuse

Aligner Wear Schedule

Aligner #	Start Date:
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