



# Sequential Aligner Instructions

## How to wear your aligners

Please change each aligner as directed by your Orthodontist. This may vary between 7-14 days depending on the type of movement required. Each aligner should be worn for 22 hours per day. Inconsistent wear of aligners affects fit of the aligner and potentially, fit of future aligners. This could affect treatment success. Please let your Orthodontist know if you are not wearing your aligners as recommended so we can adjust your aligner schedule.

The aligner will relax after 3-4 days and not feel as tight. This is normal and you should not move to the next aligner before completion of the wear period as recommended by your Orthodontist.

Clean your teeth with a soft toothbrush after each meal and floss daily. The aligners can be cleaned at the same time using your soft toothbrush and the remaining toothpaste on your brush.

We recommend you remove your aligners prior to eating or drinking (with the exception of plain water). Consumption of flavoured water and other beverages or foods will trap sugars and acid between the teeth and the aligner, which could cause tooth decay.

## Placement and fit of aligners

To seat and fit your aligners correctly, place them over the teeth, pressing firmly with your fingers and massaging the edges towards the gumline (similar to rolling the edges of the lid on your take-away coffee cup!)

Use the "chewies" morning and night for the first 3 days then once a day. A "chewie" should be placed between the teeth, squeezed for a few seconds then released. You should do this over every tooth, especially crooked teeth.

Newly changed aligners can feel rough on your tongue and/or cheeks. If required, the aligners can be polished by our lab technician or you can use an emery board/nail file to smooth the rough edges.

Please rinse all new aligners in cool water prior to putting them in.

The number of aligners indicated on the packaging is not necessarily the number of aligners you will use as most people have at least 2 – 3 sets of aligners.

## Troubleshooting:

If any spaces remain between your teeth and the aligners after 4 days of correct positioning of the aligner and "chewies" use, please call us to schedule an appointment.

If an aligner simply does not fit, switch to your previous aligner and call us to schedule an appointment to assess the aligner fit.

In the first few days of your aligner treatment, you may notice a slight alteration in speech. This is normal and usually last 3 – 4 days. Try reading a book aloud for a few minutes every night to speed up this process!

It is normal to experience some discomfort when adjusting to new aligners. This may occur in different areas from one aligner to the next, depending on where the tooth movement is occurring.

Gently file any rough edges with an emery board/nail file.

If you experience swelling or allergy like symptoms, discontinue use immediately and call us to schedule an appointment. For severe symptoms please seek medical advice.

