

ALIGNER GUIDE

NOT TRACKING



- ▶ DO NOT SWITCH TO YOUR NEXT TRAY IF YOU STILL SEE SPACING (A.K.A. TEETH NOT TRACKING).

PERFECT TRACKING



- ▶ Only once all teeth look like above photo can you switch. If teeth still don't look like this after wearing the tray 22 hours a day for 2 weeks, call the office.

DO

- ▶ Your aligners should be fully seated on your teeth for at least 22 hours a day. Only take them out to eat, drink (anything other than water), brush, and floss.
- ▶ Use the provided chewie from the starter kit to snap-fit your aligner onto your teeth so that it is seated completely.
- ▶ Wear each set of aligners for at least one week each unless your orthodontist directs you otherwise. The best time to switch to your next tray is before bed.
- ▶ Only switch to your next aligner if every tooth is fully “tracking” (see picture on bottom left). If any teeth appear to be not tracking (see picture on top left), then wear that current aligner for longer, and use the chewies to aid in aligner seating.
- ▶ If all teeth are not fully “tracking” after two weeks of aligner wear, call the office.
- ▶ When brushing your teeth (twice a day), brush your aligners gently with a toothbrush and non-whitening Toothpaste. Ask us for our tray cleaning and tooth whitening foam if you would like some fresh feeling trays and whiter teeth. If heavy build-up occurs on trays, you can soak the trays in denture cleaner (like Polident) and then brush the build-up off.
- ▶ Always bring your current aligner to your scheduled appointments!

DON'T

- ▶ Do not place your aligners in or on a napkin, tissue, or paper towel. Always store them in a case when you aren't wearing them. (In your CASE or in your FACE! 😊)
- ▶ If you have pets, do not place your aligners anywhere that your pets can reach them. They frequently chew on aligners.
- ▶ Do not leave your aligners in hot areas where the plastic may deform (i.e. in your car on a hot day). Do not drink hot beverages with them in nor place them in hot water.
- ▶ Do not chew gum with your aligners in.
- ▶ Do not place the aligners back in after eating if your teeth still have residual food on them. Make sure your teeth are clean before placing the trays back in.