

# Aligner Tips

## Manly Orthodontics Expert Guide to Clear Aligners Treatment

The number of aligners and attachments you'll have will vary depending on the amount of work that needs to be done. You'll receive a couple of months worth of aligners at a time and will work through them independently. Keep all your old aligners until you have seen Dr. Anél for your next appointment.

### Always Remember to:

Clean your hands thoroughly before handling your aligners, rinse your aligners after removing them from packet.

Change your aligners on time, as prescribed by Dr. Anél. Always take care when removing your aligners, avoid using excessive force as this may damage your aligners. Never bite aligners into place as this could damage them.

Wear your aligners 20-22 hours per day. The better you wear them, the better your teeth will move!

### Emergencies:

If you break an attachment or a button, contact us immediately so that we can repair it for you.

If you lose your aligner, go to the next one you have available. If you don't have the next aligner go to the previous aligner and contact us immediately so that we can bring your next appointment forward. DO NOT wear nothing as your teeth will move rapidly.

### Speech and Sport:

You can still participate in contact sport while wearing your aligners but Dr. Anél may advise a mouthguard to protect your teeth depending on what sports you play. Aligners must be worn during non-contact sports.

The aligners may temporarily affect your speech, and you may have a slight lisp for a day or two. However, as you get used to having your aligners in your mouth, any lisp or minor speech impediment should disappear.



## ORAL HYGIENE

Remove your aligners for eating and drinking.

Brush and floss your teeth after each meal prior to re-inserting your aligners.

Use the residual toothpaste on your toothbrush to clean the inside and outside of your aligners. You may find it easiest to clean the outside of your aligners by brushing them while they are still on your teeth, then remove your aligners to clean the inside surface.

Do not use denture cleaners to clean aligners. Do not soak them in mouthwash. These products will damage the surface of the aligner.

If you don't have access to a toothbrush, simply rinse your mouth out with water, and then clean your aligners by holding them under cold running water.

### CASE

When your aligners are not in your mouth, they must be kept in your case. This will protect them from germs and from getting damaged AND you won't lose them.

### EATING AND DRINKING

Remove your aligners when eating or drinking to avoid them becoming misshapen or discoloured. (You don't need to remove your aligners to drink cold water.)

### PAIN

You may experience soreness for a few days. This is normal and is a sign the aligners are working and moving your teeth. This pain will go away shortly after inserting a new set of aligners.