

**PLEASE BRING ALL ALIGNERS TO ALL OF YOUR APPOINTMENTS!**

**IF YOUR ALIGNERS ARE NOT WITH YOU, WE WILL HAVE TO RESCHEDULE YOUR VISIT.**

### Aligner Wear and Care

You must wear your aligners a *minimum* of 20-22 hours a day for them to be effective.

Your aligners and teeth should always be clean when you put in an aligner. Any plaque or food debris present will become trapped between the aligners and your teeth, making decay much more likely. Please brush aligners and your teeth between meals to prevent staining and build up!

Much like retainers, aligners can deform from water or air temperatures that are too warm. Please do not boil them, put them in the dishwasher, microwave them, or leave them in a hot car.

Animals are often attracted to aligners, so keep them out of reach of all pets!

Do not eat or drink anything besides water with your aligners in. Eating and drinking with them in can result in permanent staining and cavities.

Never drink sugary or acidic beverages with your aligners in. This includes pop, energy drinks, juice, Gatorade, and flavored/carbonated water. Make sure you brush and/or rinse after drinking these before wearing your aligners.



### Virtual Visits

You will change to new aligners weekly.

Submit photos to the link sent via text message as soon as possible. We will send feedback via a link later in the week via the same text messaging system.

When you get to an aligner with a "STOP!" sticker, please call Swan Orthodontics to schedule an appointment for a visit before proceeding to the next aligner.

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### Tips and Tricks

We have found that it is most comfortable to switch to new aligners before bed.

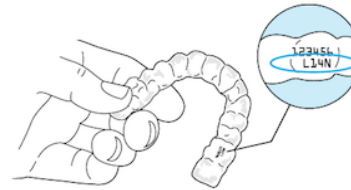
If you have bonded buttons for elastics, be careful when eating chewy, sticky or crunchy food to prevent breakage.

If aligners are lost or broken, give us a call or message us through Dental Monitoring and we can instruct you on what to do next.

Your aligners may not fit snugly at the beginning of the week, or they may feel very tight. As your teeth shift into the new position, your aligners will begin to feel more comfortable.

We have included "chewies" to help seat your aligners better, chew on them for five minutes twice a day as directed.

If you experience discomfort from the edges of your aligner, you may use a nail file to buff the edge to make it more comfortable.

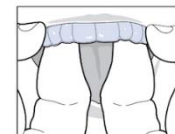


### Aligner Numbering

Each aligner is marked with either an L for lower, U for upper, followed by the aligner number (ex: U2N)

### Aligner Removal

1. On one side of your mouth, use your fingertip on the inside of your back molar to slowly pull the aligners from your molars.
2. Repeat step one on the other side.
3. Once the aligners are disengaged from the molars, you should be able to gently pry the aligner away with your fingertips until the aligner is removed.



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