

Wearing and Using your Aligners:

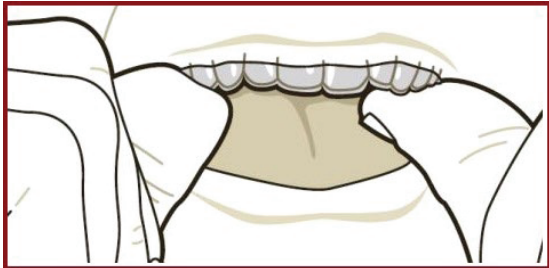
Here are some tips to help ensure proper use and prevent damage to your aligners.

ALWAYS remember to:

1. Wear your aligners per Dr Ghabrial's instructions, usually 20 – 22 hours per day.
2. Wash your hands thoroughly before handling aligners
3. Handle only ONE aligner at a time.
4. Insert your new Aligner at night before you sleep.

Aligner Insertion:

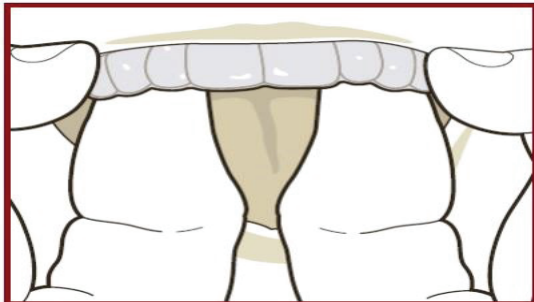
1. Make sure you have the correct aligner – the Upper for your top teeth, and the lower for your bottom teeth.
2. Sometimes, each aligner is engraved with your unique case number, and a "U" for the Upper and an "L" for Lower is indicated.
3. You may insert either the upper or lower aligner first. When inserting each aligner, gently slide it over your front teeth. Then apply equal pressure with your fingertips to the tops of your left and right molars (back teeth) until the aligner snaps into place.



Do Not Bite your aligner into position. This may damage them.

Aligner Removal:

1. Using your fingertips, start on one side at the molars (back teeth) and slowly work your way around to the other side, gently pulling them off your teeth.



2. To help prevent damage to the aligners, avoid unnecessary removal too much during the day
3. DO NOT use any sharp object to remove aligners
4. Immediately rinse the aligner with water, shake off excess water, and store your aligners in a protective case.
5. We also have an Aligner Care Kit available for purchase, which includes:
 - An aligner removal tool to make taking your trays out easier and more hygienic
 - Aligner cleaning foam to keep your trays fresh and clear
 - Aligner chewies, which help seat your aligners properly and can even speed up treatment

Daily Care & Maintenance:

1. Remove Aligners from the mouth for cleaning. Clean your aligners before each insertion. Use a soft-bristle toothbrush.
2. You may use only RETAINER BRITE tablets or Aligner Cleaning Foam to soak your Aligners in. Please do not soak Aligners in Denture Cleaner or any mouthwash. These products can damage the surface and dull your Aligners.



3. Remove your aligner for eating and drinking.
2. You may keep your aligner in to drink cool water.
3. Brush and floss your teeth after meals, before re-inserting your aligners – or at least rinse out your mouth every time if you are not close to your toothbrush.
4. Many aligner users can take advantage of their trays to whiten their teeth during treatment. At our practice, we offer Opalescence teeth whitening that can be safely used with your aligners. Just apply a small amount of gel into the trays as directed, and wear them as usual. It's a convenient way to whiten your teeth during treatment!



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Aligner Orthodontics

Patient Use and Care Instructions

Frequently Asked Questions & Answers

Q: Will the treatment be painful?

A: Most people experience tooth soreness for a few days after starting each new stage. This is normal. It is a sign that the aligners are working, as they are moving your teeth to their final destination. The soreness should gradually go away a couple of days after inserting the new aligner series.

Q: Will wearing the aligners affect my speech?

A: Like all orthodontic treatments, the aligners may temporarily affect your speech, and you may have a slight lisp for a day or two. However, as your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by your aligners should disappear.

Q: What should I do if my new Aligner doesn't snap onto my teeth?

A: Minor discrepancies between the new aligner and the current tooth position are normal, since the teeth need time to conform to the new aligner position. If you experience significant problems with your aligner fit, please inform your doctor.

Q: Are there restrictions on what I can eat?

A: In general, no. Unlike traditional orthodontics, you can usually eat & drink whatever you desire because you remove your aligners while eating. Thus, there is no need to restrict your consumption of any of your favourite foods and snacks, unless otherwise instructed by the doctor

Q: Is it OK to drink hot or cold beverages while wearing Aligners?

A: Except for calm water, we recommend that you do not drink while wearing the aligners. This is to prevent the formation of cavities and stains, or warping of the aligners, when consuming hot drinks.

Q: Can I chew gum while wearing Aligners?

A: NO. Chewing gum will stick to the aligners. We recommend removing your aligners for all snacks and meals.

Q: Why do some of my aligners have bumps & ridges on them?

A: Depending on your specific treatment, some of the movements may require either "attachments" or "ridges" to help the aligner grip the teeth. These bumps or wells are where the aligner grips the attachment that Dr places on your teeth. The attachments are small ceramic pieces that the Dr affixes to your teeth, which are then gripped by bumps on your aligners. The ridges are slim indentations in your aligners. Dr will use one or both of these features to attempt to achieve the desired movement.

Q: What if I lose or break an Aligner?

A: In the event that an aligner is lost or broken, you should immediately phone our practice. In most cases, you will be asked to use your previous set for the remaining time until you can be issued your next set of aligners.



attachment

aligner over attachment

Helpful Reminders for Your Aligner Journey!

Please remember to bring your aligners to every orthodontic appointment and always store them in a protective case when they're not in your mouth. It's also important to keep at least one previous set of aligners in case you need to go back a step.

If you're ever unsure about anything, don't hesitate to give us a call—we're always here to help!



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