

# **Invisible Aligners**

The purpose of your aligner(s) is to straighten your front teeth. Excellent compliance with wearing aligners is necessary to achieve treatment goals.

## **Wearing Instructions:**

They are to be worn 24 hours each day. The aligner(s) are only to be taken out for eating, drinking anything other than water, brushing, swimming and any contact sports.

Whenever you take the aligner(s) out, be sure to put them in your labeled retainer case so that they will not get broken or lost. If you lose or damage your aligner(s), you will be charged the current aligner fee for replacement.

## **Care of your Aligners:**

Clean your aligner(s) with a toothbrush and soapy water whenever you brush your teeth. Also, Efferdent (denture cleanser) can be used from time to time to keep your aligners clean. Never place your aligners in boiling or very hot water. This can melt or distort them. Keep aligners out of reach of any pets. **BE SURE TO BRING YOUR ALIGNERS TO EACH APPOINTMENT SO THAT THEY CAN BE CHECKED.**

**IF FOR ANY REASON YOU ARE UNABLE TO WEAR THE ALIGNER(S) OR THEY BECOME LOST OR BROKEN; PLEASE CONTACT THE OFFICE IMMEDIATELY (DURING OUR NORMAL BUSINESS HOURS). DO NOT WAIT UNTIL YOUR NEXT APPOINTMENT!!**