



smile, happier

Congratulations on starting your clear aligner journey with us! Please let us know if you need anything! Here are some helpful things to remember :)

Compliance is Key!

You do have to wear the trays at least 20-22 hours a day. You only take them out to eat, brush & floss. This means you wear it ALL the time pretty much! We recommend changing your trays at night usually. Your teeth are usually the most sore the first 6-8 hours.

Chewies

You need to make sure you use your chewies when you put a new tray in for about 1-2 minutes. You do not want to see any air gaps between the tooth & the tray.

Care

To clean them, you just use a plain toothbrush with water, no toothpaste. Rinse the aligners out before putting them in your mouth. One time a day give your aligners a good brush with either water and toothbrush or dish soap.

Try to rinse your mouth before putting your trays back in your mouth. Brush and floss normally each day- flossing at least every night only!

If you want to buy an amazon product, Retainer Brite works well to keep the aligners clean.

No emergencies!

If an attachment comes off, its not an emergency. Keep wearing your trays. Call or text us to let us know and we can evaluate if we need it back on or not.

Let's say you accidentally loose a tray: let us know first but you can put in the next tray. Most likely it will be very tight! Wear this set for longer than 7 days. Do not stress!

Discomfort

Because each tray is 3d printed, they may feel different each time. IF any part of the tray is rough or bothering you, get a brand new nail file to smooth it down. It works wonders!:))

Detailing Set of Aligners

When you are ALL done with your first round of trays, you will come back in and we will scan you for a detailing set.

No sugary drinks with Aligners in

You do not want tooth decay. If you will eat or drink something sugary, take the trays out.

Interproximal Reduction =IPR (Polishing between teeth)

If you are an adult and your teeth have been overlapped for a while, when we straighten them, a lot of time there is space near the gum line that people refer to as black triangles. We could do some easy polishing to help get rid of this or make it less visible. We also sometimes do IPR if we need more space for the teeth to move.

Keep seeing your Dentist for routine cleanings & cavity checks!

Every 6 months, do not forget your routine check ups. Your oral health is priority!