



MC ELHINNEY & BREHA — ORTHODONTICS —

Kind, Gentle and Fast Braces

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330-650-0880

CARING FOR YOUR INVISALIGN ALIGNERS

Congratulations on beginning your first series of aligners. Your treatment is in your hands/your mouth. The following guidelines will help keep your care on track to an excellent result.

- Each set of aligners are to be worn **22 hours per day**, every day for ___ days before moving to the next set, 1 week if wearing Acceludent appliance. **Below 22 hours per day will result in poor “tracking” and will prolong treatment and result in compromised results.**
- Remove aligners for eating and drinking anything other than water.
- After eating or drinking anything with dye and/or sugar make sure to brush or rinse with mouth rinse.
- Brush your teeth and clean your aligners three times a day and floss once a day.
- When cleaning your aligners brush the inside and outside of aligners. Avoid abrasive toothpastes as they scratch the aligners, making plaque adhere more easily.
- You can soak your aligners in hydrogen peroxide, alcohol-free mouthwash, or an Efferdent type cleaner. Do not use alcohol-based products as they make the plastic brittle.
- Avoid very hot/boiling water or leaving them in a hot car as the aligners will distort.
- **Always** keep your aligners in a case when not being worn. Aligners are easily thrown away and pets will destroy an aligner in seconds.
- Always keep your old aligners until you are finished with the full series. If you lose or damage an aligner please call right away for instructions. We may need to order replacement aligners.
- Always wear your current aligner to your appointment so Dr. Mac or Dr. Breha can monitor your progress and tracking.
- If you lose an attachment, please call the office for instructions and/or an appointment.
- Should your aligner rub against our gums, you can take a nail file and smooth that area for comfort.
- Discomfort is usually minimal and can be managed with Advil, Motrin etc. All aligners “loosen up” a little within the first 24 hr.

If you have any problems, please let us know ASAP.

Please do NOT move to next aligner if your current aligner isn't fitting.

For questions or concerns please call the office at 330-650-0880