



Aligners

We are so happy to have you as a patient! Many things were discussed during your visit with us today, and I wanted to review a few of the most important items. It is important to remember that your cooperation is a vital part of our mutual effort to achieve the best possible orthodontic results for you. Your contribution to this team effort is full cooperation in the following areas:

Oral Hygiene

- Remove your aligners for eating and drinking, the only exception would be drinking water.
- Brush after each meal or snack, prior to re-inserting your aligners.
- Clean your aligners with a soft toothbrush using water and rinse thoroughly.
- When cleaning aligners DO NOT use toothpaste. Use water and/or soft dish soap.
- Regular dental check-ups and cleanings are recommended for your continued oral health.

Wearing and Using Your Aligners

- Each set of aligners needs to be worn for 2 weeks (or what Dr. Lenhart/ Dr. Sherman specifies), before progressing to the next set. Wearing your aligners 24 hours a day, except for eating and drinking, is necessary to achieve the desired orthodontic movements.
- When inserting each aligner, gently push over front teeth. Then apply equal pressure using your fingertips, to the tops of your left and right molars (back teeth) until the aligner snaps into place.
- Do not bite your aligners into position. This may damage them. Do not use any sharp object to remove your aligners. When removing, immediately rinse aligner with water, shake off and store in your protective case when not wearing.
- If an attachment is broken please continue to wear your aligners, but call us during normal business hours.
- We know that we can count on you to do your share! If you have any questions, one of our staff members will be happy to review anything with you. We look forward to seeing you at your next visit.