



## Caring for your aligners

- Aligners should be worn at all times, except when eating, brushing and flossing (approximately 22 hours of wear per day)
- Aligners should be cleaned thoroughly with a toothbrush whenever they are removed
- When not being worn, aligners should be kept in your case and stored in a cool, dry place
- Aligners are to be kept away from boiling water, bleach and other extreme cleansers
- We've included an emery board so you can smooth down any "rough" edges on an aligner (if needed)

## Changing your aligners

- Wear your aligners as instructed. When you change to your next set of aligners, keep the previous set in the case provided.
- Aligners should not be skipped or accelerated; better to wear them *longer* than not long enough
- Your appointments will be approximately 8-10 weeks apart at which time you will receive your next set of aligners

## Notes

- Continue to see your family dentist for regular checkups and cleanings
- Always consult us prior to undergoing any dental restorations, as this may affect the fit of your aligners
- Please contact Dr. Grubisa at [drg@eastoakvilleorthodontics.com](mailto:drg@eastoakvilleorthodontics.com) if you have any questions.