

## 44 West Clear Aligners Instructions

### WEARING YOUR ALIGNERS:

- Wear your aligners for at least 22 hours per day.
- Use finger pressure to push aligners into place –front teeth first, then press down over the back teeth. Do bite aligners to seat them as this could break or deform the plastic.
- Reverse the above to remove – lift up gently from the tongue side to disengage the back teeth, then slide up over the front teeth. With practice this quickly becomes second nature for most patients!
- Use your “chewies” daily for 15 minutes (twice daily is even better!). This helps the aligner to seat further onto your teeth and encourage proper tooth movement.
- When it is time for your next aligner stage, make the change at night before bed to allow time for uninterrupted use for that first wear. This is a great time to use chewies!

### CARING FOR YOUR ALIGNERS:

- Your aligner can be gently cleaned with a wet toothbrush (no toothpaste).
- Remove your aligners to eat, drink, brush, and floss. (Drinking water is O.K.!)
- After meals, be sure to rinse your mouth with water to neutralize any sugar or acid before re-inserting your aligners. Brushing and flossing is better yet!
- Store your aligners in your case during meals or when not in use. Be sure to keep them away from curious pets!
- Be sure to keep the previous stage of aligners in case you lose your current aligner. Please call us if aligners are misplaced so we can advise what to do. (Depending on how long you have been in your current aligner, we will either have you go back to your previous aligner stage or move forward earlier than planned).

Congratulations on taking this step towards an improved smile! 😊