

Aligner essentials for treatment to be successful:

- Wear your aligners 20 - 22 hours every day.
- Always have an aligner that you are “currently wearing” at all times. i.e No breaks for holidays/sickness/lost aligners. If you stop wearing an aligner, your teeth are likely to move causing your aligners to not fit well anymore.
- If you lose an aligner, please contact us and we will advise you to move forward or backwards depending on the fit and the number of days remaining in the lost aligner.
- Always keep at least one old aligner in case you lose your current one.
- Don’t move through your aligners faster than Dr Coburn has advised. Pushing ahead to go through the aligners quicker often extends treatment time if the aligners don’t fit well.

Aligner tips and tricks:

- Change your aligners at night to get good, uninterrupted wear time and sleep through any discomfort they may cause.
- Always keep your aligners in the case and away from heat and pets to avoid loss and breakage.
- Aligner “chewies” are soft, bouncy cylinders that are used to seat the aligners correctly on your teeth. Bite down and squeeze tight for 20 seconds in 5 spots around your mouth multiple times a day. In the first week the chewies help push the aligner onto your teeth and in the second week, they keep the aligner active. Keep one in your case to remind you to use them when putting your aligners in. Using these regularly helps you to get the most out of your clear aligner treatment.
- Only drink water with your aligners in, remove for all other food and drinks.
- If your aligners are looking a bit stained and your regular brushing isn’t helping, try soaking them one part vinegar, to one part water for thirty minutes.
- If you eat any highly coloured food (e.g a curry with turmeric) ensure you brush your teeth BEFORE replacing the aligner. Otherwise, the colour will transfer and permanently stain the aligner.
- If you do not have time to brush your teeth after eating but are worried about your breath, try chewing sugar-free gum or a sugar-free mint before putting your aligners back in.
- You may find it useful to use an app on your phone to track your wear. If you have Invisalign and Angel aligners, have their own apps. Another great one is “Tray Minder.” These apps are especially helpful when you change your aligners an odd number of days.
- Please remember to continue seeing your regular dentist for check-ups and cleans throughout the entirety of your orthodontic treatment.