

Young Smiles Family Dentistry

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Aligner Treatment Post-Operative Instructions

Your aligners apply gentle pressure to move your teeth. Mild tightness or tenderness is normal when beginning a new set and usually improves within a few days.

Wearing Your Aligners

- Wear your aligners for **20–22 hours each day**
- Remove them only for eating, drinking anything other than plain water, brushing, and flossing.
- Change to the next set after every two weeks, unless instructed otherwise.
- Make sure the aligners are fully seated over your teeth by using the aligner chewies.
- Wear rubber bands exactly as instructed.

Inconsistent wear may delay treatment or prevent the aligners from fitting properly.

Eating and Drinking

Remove your aligners before eating.

While wearing aligners, drink only plain, cool water. Hot liquids may distort the plastic, while coffee, tea, soda, juice, and other beverages may stain the aligners or increase the risk of cavities.

Before replacing your aligners:

- Brush and floss whenever possible.
- At minimum, rinse your mouth thoroughly with water.
- Do not place aligners over food or sugary residue.

Cleaning Your Aligners

- **Rinse aligners with cool or lukewarm water** whenever you remove them.
- Gently brush them with a soft toothbrush and clear liquid soap.
- Do not use hot water, which may warp the aligners.
- Avoid toothpaste, bleach, colored mouthwash, and harsh household cleaners.
- Store aligners in their case whenever they are not in your mouth.

Never wrap aligners in a tissue or place them loosely in a pocket, purse, or on a table, as they may be lost, damaged, or accidentally discarded.

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Brushing and Flossing

Good oral hygiene is especially important because aligners can hold plaque, food, and sugar against your teeth.

- Brush at least twice daily with fluoride toothpaste.
- Floss at least once daily.
- Clean your teeth before replacing the aligners whenever possible.
- Continue regular dental examinations and professional cleanings.

Starting a New Set

The aligners should fit closely over your teeth without large visible spaces. Mild tightness is expected. Small gaps may improve with **consistent wear and the use of chewies**.

Do not move to the next set if the current aligners are not fitting properly unless instructed by our office.

Engagers

Small tooth-colored engagers are placed on your teeth to help the aligners guide tooth movement more effectively.

Contact our office if an engager becomes loose or falls off. Do not attempt to glue it back in place yourself.

Call Our Office For:

- An aligner that no longer fits or will not fully seat
- A lost, broken, or sharply cracked aligner
- A loose or missing engager
- Severe or worsening pain
- Significant swelling, drainage, fever, or signs of infection
- Injury to the teeth or mouth
- Difficulty continuing treatment as instructed

Seek urgent medical care for difficulty breathing or swallowing, uncontrolled bleeding, severe facial swelling, or serious injury.