

ADAGIO

IMPLANTS & ORTHODONTICS

Clear Aligner Instructions

Do

- Wear your aligners with your doctor's instructions, **usually 20-22 hours per day.**
 - **Aligner Insertion**
 - 1. Make sure you have the proper aligner — the upper for your top teeth and the lower for your bottom teeth.
 - 2. To help avoid confusion, each aligner is engraved with your unique case number, a “U” for upper and an “L” for lower, followed by the stage number. Figure out which tray is upper, and which is lower. Upper tray #1 will be labeled U01. Lower tray #1 will be labeled L01. Tray #2 will be U02 and L02, and so on.
 - 3. You may insert either the upper or lower aligner first. When inserting each aligner, gently push the aligners over your 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.
 - 4. Do NOT bite your aligners into position. This may damage them. Use aligner **chewies** EVERY DAY throughout your ENTIRE treatment to help the fitting of the aligners. (Chew for 5-10 minutes the first 1-2 days. Then for about 15-30 seconds every time the aligners are placed aligners back into your mouth.)

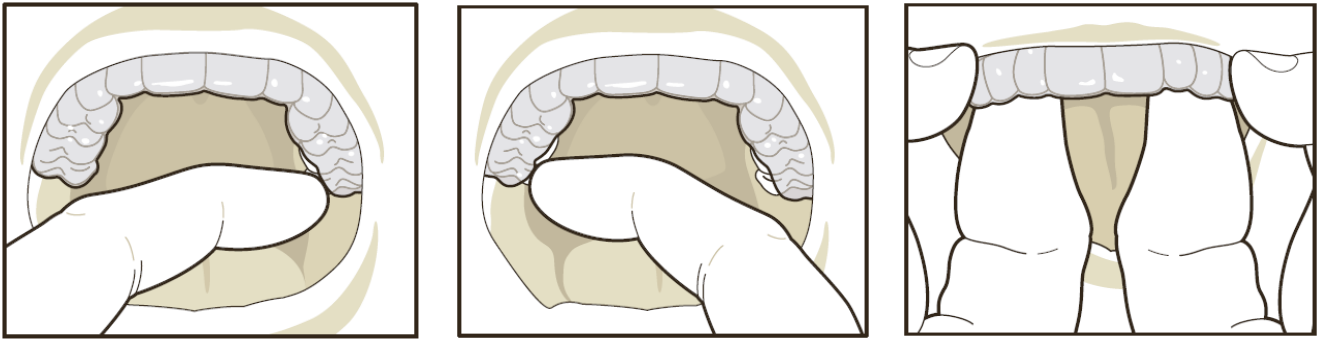


- When aligners are correctly inserted, they will fit all the way down on the teeth, with no space between the top of the aligners and the top of the teeth. Aligners will fit tightly at first but should fit well at the end of the two week period.

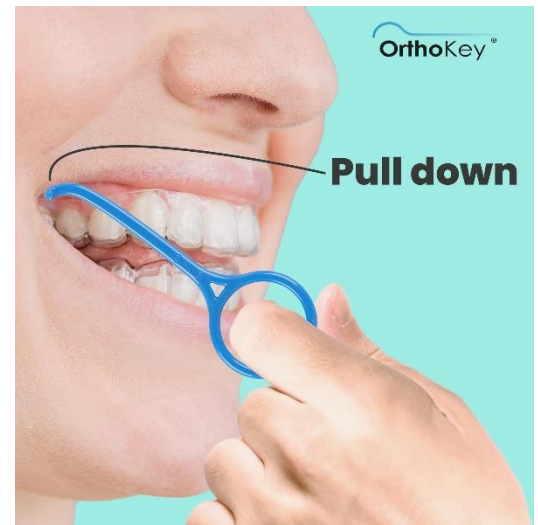
- It is important that the aligners fit well before you switch to a new set. If the aligners do not fit well, then do not switch to a new aligner. There should be no gap between the tooth and the aligner. Call our office to schedule an appointment if the aligners are not fitting well.
- Keep aligners in except when flossing, brushing, eating. It's also best to remove the aligners when drinking warm beverages such as coffee or tea.

○ Aligner Removal

- 1. On one side of your mouth, use your fingertip on the inside of your back molar to slowly pull the aligner from your molars.
- 2. Repeat this process on the other side of your mouth before trying to completely remove the aligner.
- 3. Once aligner is disengaged from the molars on both sides of your mouth, you should be able to slowly work your way forward gently prying the aligner away from your teeth with your fingertips.



- You can also use the Orthokey to help remove them.
- Clean aligners with a toothbrush and hand soap.



Proper Oral Hygiene

1. Remove your aligners for eating and drinking. (You do not need to remove your aligners to drink cool water.)

2. Brush and floss your teeth after each meal or snack prior to re-inserting your aligners. If you don't have access to your cleaning system or a toothbrush, you can simply rinse your mouth and then clean your aligners by holding them under warm running water. It's not the best way to clean, but it works in a pinch. Be sure to thoroughly clean your aligners at your earliest convenience.

Don't

- Don't place your aligners in or on a napkin or tissue. Many aligners have accidentally been thrown out this way!
- Don't use your teeth to "bite" your aligners into place.
- If you have pets, don't place your aligners anywhere that your pets can reach them. Pets are attracted to saliva and would enjoy chewing on your aligner trays!
- Do not use Denture cleaner, alcohol, or bleach to clean your aligners.
- Do not use boiling water or warm water on your aligners.
- Don't chew gum with your aligners in.
- It would be best not to smoke while wearing aligners. The smoke can stain the aligners as well as your teeth.

Just in Case

- If you lose the tab attached to your tooth that helps the aligner snap on, please call our office right away so that we can determine if you need to come in before your next scheduled appointment.
- If you lose one of your aligner trays, please wear the next tray if you have it. If you do not have the next tray, please wear the previous tray. It is extremely important to use a tray to keep teeth from shifting. Call our office to let us know which tray was lost so that we can determine if a replacement tray is needed. There will be a fee if replacement trays are required.

Storing your Invisalign Aligners

Two aligner cases are included in your starter kit, a white case and a red (or orange) case. We recommend that you store your aligners in a case when they are not in your mouth. This will help protect them from loss and damage.

Designate your **white aligner case for your “current stage.”** Store the aligners you are currently using (e.g., stage #1) in this case.

When it is time to switch up to the next stage (e.g. stage #2), transfer the previous aligners (e.g. stage #1) to the red (or orange) case. Always keep the most recently used aligners in this case. If your current aligner is lost or broken, your doctor may recommend that you temporarily go back one stage and use the aligners in the red (or orange) case while a replacement is being made.

Note: Keep all of your older aligners in a clean plastic bag, or as instructed by your doctor. Keep them out of reach of small children and pets.