HAMILTON ORTHODONTICS

Aligner care & cautions

We are excited to partner with you on your new aligners treatment! In order to ensure success and the best outcome possible, your participation and cooperation is critical. Invisible aligners must be worn 22 hours a day for maximum results, your teeth will not move properly and treatment time will be delayed if not worn for the full amount of time.

Aligners should be worn all the time other than when eating, drinking anything other than plain water, or brushing. Sleeping with your aligners in is very important. Try not to leave your aligners out more than 2 hours a day.

Aligners should be kept in a safe place (ideally in their case) while not in your mouth. Don't leave them lying around, or wrap them in a tissue or paper towel. They are clear and easy to lose or accidentally throw away. If you do lose an aligner, call our office and we can help you determine the best next steps. We may elect to move on to the next tray in your sequence of aligners or step back to the previous tray.

To ensure your aligners are fitting properly, use your chewie to seat the trays with gentle pressure making sure to focus on the gaps between the trays and your teeth. Watch out for air gaps between the trays and your teeth, the aligner should be sitting flush against the tooth before you move on to the next tray.



Aligners should be cleaned with a toothbrush and soap and water, brushing your trays every time you brush your teeth will ensure sparkly clean trays! Do not use toothpaste or mouthwash to clean your aligners as it will stain them or make them cloudy. Never try to sanitize them by boiling or using harsh chemicals to clean them, or by placing them in the dishwasher.

Maintaining good oral hygiene is very important while using our aligners, the aligners can act as plaque or acid traps and cause cavities if you are not brushing and flossing multiple times a day.

When your original series of aligners is complete, additional aligners may need to be ordered for refinement and detailing of the teeth.

Call our office if you have any questions or concerns!