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### **CARE AFTER BEGINGING CLEAR ALIGNER THERAPY:**

**During your appointment today, you received your first set(s) of clear aligners. You will need to keep them in for a minimum of 22 hours per day. You must wear them at all times except for when eating, drinking hot beverages or cleaning them. You will always want to keep 3 things with you: the chewing rubbers (“chewies”), a toothbrush and spool of dental floss. Wherever you go, you want to be prepared to clean your teeth before putting the aligners back in place.**

### **Until your next appointment:**

1. Wear this set of aligners that the doctor had you wear home for 2 weeks if they are from ClearCorrect, (3 weeks if using MTM aligners) then, after two (three if MTM) weeks is up, change to the next set in the evening before going to bed to sleep through any discomfort. **MAKE SURE TO FIRMLY AND FULLY PRESS DOWN EVERY AREA OF THE ALIGNERS** so that the teeth are fully seated. They may feel very tight but should snap-in if done correctly.
2. If you have significant tenderness aches or pain in the teeth, 1 or 2 tablets of regular Advil or other NSAID (200 to 400 mg of Ibuprophen) will usually help ease this discomfort which typically lasts for the first 3 days when beginning the new set of aligners. You may be able to go without pain medication after getting through the first day on the first set only if you wear them 22hours per day 😊.
3. Clean your aligners twice a day, morning and at night before you put them back in while you sleep. Use a mixture of 1 cup white vinegar or lemon juice, to 3 cups purified water. Soak the aligners for 2 minutes in a small amount of this solution to get rid of plaque then scrub them with a toothbrush. Do not scrub too hard and try to avoid using abrasive tooth pastes as they will scratch the aligners.
4. If for any reason top, bottom or both aligners are not fitting down with a snap or seem to be distorted or cutting your gums or cheeks please let us know right away. If you are not able to start a new set of aligners for any reason at all, please let us know right away.
5. If you have other questions they may be answered here: <https://clearcorrect.com/#faq> otherwise please text or call with your questions right away.