



10 Tips for How to Get the Most out of Aligners

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Keep Track of Your Aligner Schedule: change trays every two weeks

Put in New Aligners at Night: First several hours with new aligner can produce some discomfort. Start new aligner before bed time help you to sleep through that period.

Wear the aligner properly: Aligner should be seat down all the way without any gaps between the trays and the teeth.

Wear Your Aligners 22 Hours per Day

Keep a Retainer Case with You: A retainer case will keep your aligners safe while you have them out and will ensure that you know right where to find them when it's time to put them back in.

Hold on to Backup Aligners: If your current set of aligners get lost or damaged, you should use your previous set of aligners as a backup while a new set of replacement is ordered. There will be additional cost for any new set of replacement.

Keep Your Aligners Clean: Clean aligners with antibacterial soap and room temperature water. Do not use hot water. Do not use any abrasive substances or tools for cleaning since it will scratch aligners and could even create little nooks and crannies for bacteria to live in if they are deep enough.

Keep Your Teeth Clean: Brush and floss every time you take your aligners out to eat or drink something other than water. Since aligners fit tightly around your teeth, anything on your teeth is going to be kept there by your aligners. Your saliva won't be able to do its usual job of trying to wash away bits of food, plaque and bacteria.

Use Whitening Toothpaste: Brush teeth with whitening toothpaste daily will help brighten your teeth as your teeth align since the trays will keep remnants of the toothpaste, including fluoride and the whitening agent, from washing away after you brush. Ask our team about where to purchase whitening tooth paste.

Use a Retainer After You Finish Treatment

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