

SMILEORA DENTAL CARE
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POST INSTRUCTIONS FOR CLEAR ALIGNERS

- Over the course of your treatment you will receive several aligners which have been specially produced from the models of your teeth.
- The purpose or function of the appliances is to achieve alignment, or straightening of your teeth.
- The appliances are activated each time you seat them over your teeth. The special material has been pre-programmed to coax your teeth toward a more ideal and pleasing position.
- Your appliances should be cleaned by holding it in the palm of your hand under running water. Scrub it gently with a toothbrush and toothpaste. Do not use bleach, or soak in water, or any other cleaning solutions.
- After approximately 3-4 weeks your teeth should have moved to the designed correction. This is your indication to move into the next unit.
- Your appliances should be worn at all times even when you sleep. You should remove the appliance when eating.
- If you lose an appliance you need to call the office immediately. Lost wearing time can extend treatment time and compromise results.
- Remember, if the appliance isn't in your mouth it should be in the carrying case. Dogs love aligners, and will decide to straighten their teeth if you leave them unprotected.
- The chart on the back page is to be filled out routinely. Enter the number of hours (including sleeping) your appliance is worn each day. It is important to keep track of performance. Great results are in your hands and mouth. If your situation requires additional appliances, it is important to wear your appliances until the doctor supplies you with a new series.