



## **Patient Instructions**

### **Direction for use**

Wear your Aligners 20-22 hours per day. Take them out for eating, brushing & flossing your teeth. Clear Aligners only work when you are wearing them. If you forget to wear them for a day, your teeth will not only stop moving forward, they may even start to revert backwards and previous progress could be lost.

### **Oral Hygiene Care**

1. Keep your teeth extremely clean
  - a. Brush & floss after eating and before putting your aligners in your mouth
  - b. If a toothbrush isn't available, at a minimum swish vigorously with water to remove any food or drink particles that are in between your teeth.
  - c. If food or drinks get trapped between your aligners and teeth for an extended period of time, your teeth will start to decay (cavities) and you may need dental treatment like fillings or crowns.
2. Colored drinks might stain your aligners, so it is best to only drink water while wearing them. Things such as teas, coffees, wine, fruit juice, dark berries, and red sauce are an example of how darker food/drink items may stain your aligners as well as your teeth.
3. Remove your aligners for eating and drinking
  - \*Note: You do NOT need to remove your aligners if drinking water
4. If you happen to not have time to brush and floss, you can chew sugar-free gum (i.e. Trident) for a few minutes and rinse your mouth thoroughly with water which will help cleanse your mouth temporarily. Make sure to brush and floss as soon as you are able to.

### **Daily Care and Maintenance of Your Clear Aligners**

1. Clean your aligners every time before you insert the aligners. Use a soft bristle toothbrush with water or mouthwash (do not soak in mouthwash).
2. You may find it easier to clean the outside of the aligners by brushing them while they are still on your teeth, then remove your aligners to clean the inside surfaces.
3. Be sure to rinse each aligner thoroughly with water after each time you clean it.

Note: Do NOT use denture cleaners to clean the aligners, and do NOT soak them in mouthwash. These products can damage the surface of the aligner causing them to become discolored and less effective.

## **Monitoring Your Tooth Movement**

Sometimes your teeth may start lagging behind the movement of the clear aligner, causing your teeth to stop “tracking.”

If the clear aligner is completely not fitting anymore, then go back to the last clear aligner that fits well. Also, increase your chewies usage. It’s better to go slow and steady than to go too fast and lose tracking. If you have any questions, please contact our office at (805) 543-4770 or email us at [featherdental@gmail.com](mailto:featherdental@gmail.com).

## **Questions you may have**

### **What should I do if the edges of the clear aligners are scratching me?**

Take a nail file/emery board and use it to smooth the edge that is scratching your gums. If that does not work, please contact our office and we will be more than happy to assist you.

### **What should I do if I lose or break my clear aligners?**

In the event that a clear aligner is lost or broken, please call our office as soon as possible to schedule an appointment.

While waiting for your next appointment with us, try the next aligner. If you can get it to fully seat, continue wearing the next one. If the next aligner does not fully seat, go back to your previous one, and we will order you a replacement clear aligner. Make sure to keep your previous clear aligners for this reason. Sometimes if teeth are not moving as they should, Dr Jessica may request to have you move back to a previous clear aligner.

### **What should I do if I lose or break an attachment?**

In the event that an attachment is lost or broken, please schedule an appointment with our office. Attachments are vital for the tooth movement to occur predictably, so we will need to replace it as soon as possible.

### **Will the treatment be painful?**

Most patients feel some tooth soreness for the first few days when starting clear aligner treatment or within the beginning of a new set of trays. Remember, this is completely normal. The soreness should gradually go away after a few days. Over-the-counter pain medication such as ibuprofen or Tylenol® can be used as needed following the medication’s instructions.

### **Is it normal for my teeth to feel loose during treatment?**

Yes, teeth do get a little loose during treatment. That is how moving teeth is possible. Your teeth will return to feeling normal after all treatments are finished.

During times where your teeth feel loose it is important to be extra careful not to use your teeth as tools. It's never a good idea to use your teeth for opening packages or cutting thread or fishing line. This is especially important while you are in treatment with clear aligners. When you notice that your teeth feel loose, please eat a softer diet to keep you most comfortable. Your teeth will go back to normal once treatment is finished.

**Will I need to wear retainers after I'm finished?**

Yes, all teeth can potentially become crowded over time. Even people who naturally had straight teeth as adults may find their teeth become crowded as they age. The only way to ensure your teeth won't move is to wear your retainers several nights a week for the rest of your life.

We recommend that you form the habit of wearing your retainers evernight. That way you are less likely to forget it; it's just part of your nightly routine.

**How often will I need to replace my retainers?**

It all depends on how fast they wear out. If someone clenches or grinds their teeth the retainers will get stretched out much faster and need to be replaced every 6 months. Other people can use the same retainer for several years. Our recommendation is to replace your retainer yearly because of bacteria.

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Patient Signature: \_\_\_\_\_