PARK LANE ORTHODONTICS

EMBRACING YOUR FUTURE SMILE

Care of Your ClearStep Aligners

When to wear: Your aligners are most effective when worn continuously for at least 20 hours per day. They can be removed for eating and cleaning.

What to expect: As with any type of brace, there will be some initial discomfort. Your aligners also cover your gums and you may notice some pressure on the gum in one or two areas. Usually this will diminish after a few days. However if you experience prolonged discomfort you may find it can be eased by carefully trimming the part of the aligner that is pressing with a pair of sharp nail scissors. Take care not to trim any part of the aligner that covers the teeth. If in doubt, please phone the practice on (0118) 9411628.

Timescales: Each aligner is worn for around 10 to 14 days. You should only move onto the next aligner(s) when the one you are currently wearing feels very loose to fit and remove. Try not to change aligners before 10 days in order to allow time for your teeth and gums to adapt to the changes.

Cleaning: As you are wearing your aligners for most of the day and night they will begin to get a build up of bacteria and food residue on the surface. It is therefore very important to clean them carefully to prevent gum problems and odours. They should be rinsed under warm running water (never hot) and brushed with a soft bristle toothbrush to remove the residue. You should never use toothpaste to clean them. Two to three times a week the aligner can be soaked in Retainer Brite or similar to disinfect it and remove any odours. After meals, it is advisable to clean your teeth before re-fitting your aligners.

When to contact us for your next visit: So that you do not experience any unnecessary delays in your treatment, we ask that you contact the practice to book your next appointment when you have just put in aligner number six. This is because the appointment diary is normally booked a few weeks ahead and we like to allow you enough time for your appointment to receive the attention you require.

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