

If you are experiencing any of the issues listed below please contact your doctor right away to ensure a safe and efficient treatment process.

- When you experience ill-fitting aligners or breakage.
- Discontinue use and consult your dentist if you experience any adverse reactions.

In rare instances, patients may be allergic to the aligner material.

When to Contact
Your Dentist



smile shapers

HOW TO CARE FOR YOUR ALIGNERS

Your Smile Shapers were custom-made just for you. Follow the instructions listed inside to ensure a quick and easy alignment process.





How to get started

- For optimal results, aligners should be worn 20-22 hours per day.
- Always rinse aligners in cold water before wearing.
- Snap aligner over teeth. If needed, use the provided “Chewie” to help completely seat aligner.
- It is normal for the new aligner to fit tightly and apply gentle pressure to your teeth, this pressure should lessen as you wear each aligner.
- Aligners should be removed when eating or drinking anything other than cool water. Brush and floss prior to re-inserting aligner.
- You may experience a dry mouth; drink plenty of water.
- When not wearing, store aligners in provided case.
- At first, you may speak with a slight lisp, this usually goes away within a few days.
- Clean aligners with a soft toothbrush, a small amount of antibacterial soap and cool water.



Avoid These Bad Habits

While our goal is to give you the perfect smile you want, sometimes a successful treatment outcome is not achieved. The following actions can prolong treatment time and negatively impact the end result.

- Not wearing your aligners for the recommended number of hours per day (20-22).
- Exposing your aligners to hot water or running them through the dishwasher.
- Wearing your aligners when drinking hot or colored liquids, which can cause distortion and discoloration.
- Cleaning your aligners with toothpaste, which can leave scratches.
- Using Denture Cleaner or mouthwash on aligners, which can harm or discolor the plastic.