



ALIGNER WEAR

- Wear your aligners **22 hours per day**.
- **Only remove them to eat, brush your teeth or drink anything with sugar.**
- You can leave them in while drinking water.

INSERTING /REMOVING YOUR ALIGNERS

- **Start by placing the aligner on your front teeth.** Use your fingers to gently press the aligner onto your teeth and move towards the back teeth.
- **Use the chewies to make sure the aligner is fully seated. This is a very important step.**
- **Start removing from the back teeth.** Slowly lift the aligner off and move toward the front teeth.
- Grabbing from the inside of your aligners makes this part easier.

CHANGING ALIGNERS

- **Change aligners every 2 weeks** unless Dr. Jaffe tells you otherwise.
- Keep all previous aligners in the original bag and store them in the Jaffe container that was provided.
- **DO NOT THROW AWAY ANY ALIGNERS.**
- **If you lose an aligner, move onto the next one if possible.**
If it is your last aligner, call the office right away to pick up another aligner.

CLEANING YOUR ALIGNERS

- Brush with a toothbrush, toothpaste, and cool water.
- **Never boil, squeeze, or soak in Listerine.**

REFINEMENT

- **After finishing your first series of aligners** (for example 1-22), we will scan your teeth again.
- **This process, called refinement, allows us to create additional aligners to perfect your smile.**