

Welcome to your new Smile Journey!

The first 2-3 weeks you have 3M Clarity clear aligners will typically be the most challenging as you and your mouth adjust. Any initial issues are temporary and normal and will get better quickly! Please click [here](#) to watch 3M's informational video.

Wearing Your Clear Aligners

Always remember to wear your aligners full time which means ~22 hours per day. The only time you should remove it is when you eat, drink, brush, and floss.

If you do not wear your clear aligners regularly, the orthodontic treatment will not work! Anytime you are not wearing your clear aligners, your teeth will be moving back to their original, crooked locations resulting in delayed treatment.

How to Insert Your Clarity Clear Aligners

1. Make sure to using the correct clear aligner
 - Upper clear aligner for your upper teeth
 - Lower clear aligner for your lower teeth
 - Either may be inserted first
2. When inserting the clear aligner:
 - Gently push the clear aligner over your front teeth
 - Next, gently push the aligner on your back teeth with your fingertips until the aligner snaps into place
3. Do NOT bite your clear aligners into position since it may result in breakage or distortion of your clear aligners decreasing their efficacy.

How to Use Bite Wafers

Bite Wafers help seat the aligner and ensure proper tracking of the aligner. We recommend using wafers at least 10 minutes per day, often split up into a few

minutes after each time you place your clear aligners into your mouth. Each time you use the wafer, bite down and hold for 10-15 seconds intervals.

Monitoring Your Tooth Movement

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

If you notice air gaps starting to form between your teeth and aligner, then slow down your clear aligner wear by a few days. For example, if our orthodontist instructed you to change clear aligners every 7 days, switch to every 10 days.

If the clear aligner is completely not fitting anymore, then go back to the last clear aligner that fit well. Also, increase your bite wafer 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, and our orthodontists will see you as soon as possible.

How to Remove Your Clear Aligners

1. On your right side, use your left index fingertip to pull on the inside of your right side back molar to gently pull the aligner off of your back right teeth.
2. On your left side, repeat this process but with your right index fingertip to pull the clear aligner off of the back left teeth.
3. Once the clear aligner is disengaged from your back teeth on both sides of your mouth, you should now be able to slowly work your way forward gently pulling the aligner away from your front teeth with your fingertips.

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.
 - 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.
 - 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.

Oral Hygiene

1. Remove your aligners for eating and drinking
 - Note: You do not need to remove your aligners if drinking water
2. Brush and floss your teeth after eating or drinking prior to insertion of your aligners.
 - If you don't have time to brush and floss, you can chew sugar-free gum (i.e. Trident) for a few minutes and rinse your mouth thoroughly which will help cleanse your mouth temporarily. Make sure to brush and floss as soon as you are able to.
3. Make sure to continue seeing your general dentist for regular cleanings and checkups.

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 make an appointment to see our orthodontist to adjust your clear aligner.

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

In the event that a clear aligner is lost or broken, please schedule an appointment with our office as soon as possible, and we will evaluate whether we need to order a replacement clear aligner.

While waiting for your next appointment with us, try in the next aligner. If you can get it to fully seat, continue wearing the next aligner. If the next aligner does not fully seat, go back to your previous aligner, and we will order you a replacement clear aligner.

Make sure to keep all your clear aligners for this reason. Sometimes, if teeth are not moving as they should, our orthodontists may request for you to 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 as soon as possible. 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. This is 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.