



Clear Aligners

Making of Aligners

- An ***impressionless digital scan*** will be taken at the patient's records visit. A delivery appointment then will be scheduled approximately 3-4 weeks after this records visit.
- The patient's scan will be ***submitted*** by our office via an online portal.
- Dr. Balhoff will provide instructions to design a digital ***ClinCheck specific for each individual patient***.
- Once the patient's ClinCheck is completed and approved by Dr. Balhoff, clear aligners will be ***fabricated and shipped to our office***.

Delivery of Aligners

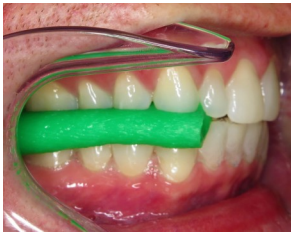
- A set of ***initial aligners*** will be delivered at the first return visit.
- ***Aligner attachments will be bonded*** on specific teeth to aid specific tooth movements.
- Patient digital ***ClinChecks will be shown*** to the patient at progress appointments.
- ***Instructions*** on aligner placement, removal, and wearing will be given.

Expectations With Aligners

- Mild tooth discomfort and ***"getting used to wearing your aligners"*** is typical in the first couple of weeks of starting aligner wear. Mild pain relievers such as Advil (ibuprofen) or Tylenol (acetaminophen) can help alleviate tooth discomfort.
- All aligners initially should be ***changed every 2 weeks***. We will eventually ***instruct the patient to begin changing aligners each week*** once the patient has demonstrated a dedication to wearing aligners properly to ensure proper tooth movements.
- All aligners should be ***worn for approximately 20-22 hours per day***. This is absolutely essential to ensuring proper tooth movements. ***Wearing aligners less than the necessary amount of time will cause aligners not to fit and teeth not to move properly***.
- New aligners ***changed at night*** before bedtime generally result in less discomfort, ensures better fit of aligners, and ensures better movement of teeth during treatment.
- Take out aligners to eat and to brush teeth. Eating with aligners will cause discoloration and distortion.
- Aligners can be worn when drinking water. Aligners should not be worn when drinking hot, sugary, or colored liquids.

- Use **Chewies** or **Clenchys** each time aligners are inserted into the mouth. Bite, squeeze, and hold Chewie/Clenchy lengthwise in place for about 15-20 seconds on the right, left, and front teeth. Repeat sequence if necessary to fully seat aligners and reduce/eliminate gaps between the teeth and aligners. Regular use of Chewies/Clenchys ensures a better fit of aligners and ensures better movement of teeth during treatment.

1.



2.



3.



- Check to make sure your aligners and teeth are **tracking correctly**. The aligner should **fit flush to all teeth** with no large or increasing gaps between teeth and aligner material.

Good Fit



Poor Fit



- **Always keep your previous aligners** in case you lose the current aligners or our office needs to check the fit of a previous aligner. Do not discard your previously worn aligners unless our office tells you that it is ok.
- **Always bring your previous set of aligners to each appointment** in case our office needs to check the fit of a previous aligner for accurate tooth movements.
- Aligners may accidentally be **lost or thrown away** at some point during treatment. If aligners become cracked, distorted, or lost/thrown away, **never wear no aligners at all for more than 1 day**. This will allow uncontrolled and unwanted movement of your teeth. **Immediately begin wear of your previous aligner or your next aligner** in place of the current aligner to keep your teeth in a holding position. If any of these situations occur, **call our office ASAP for instructions**. Replacement aligners can be fabricated if necessary to replace a lost or damaged aligner.

Additional Aligners

- During treatment, usually after the complete initial set of aligners is progressed through, an additional, second set of aligners most likely will be fabricated. Additional aligners will be used to help **finish** your aligner treatment. Most patients undergo **2-4 sets of additional aligners** before completion of aligner treatment. The better the wearing of aligners, the less sets of additional aligners a patient will most likely need.
- Aligner patients will have **updated records, including a digital scan, photos and x-rays**, of the teeth taken.
- While new, additional aligners are being fabricated, the current aligner will be worn until the patient's next visit. New aligners will be delivered to our office in 2-3 weeks.