**Collins Dental Clear Aligner Wear Instructions:**

* Each set of aligners is designed to worn for 2 weeks, **22-24 hours of wear per day** unless directed by Dr. Collins/Dr. Rolfes/Dr. Azer to wear for a different duration. Failure to wear the aligners for the prescribed number of hours per day (22-24) and/or not using the product as directed can lengthen the treatment time and affect the ability to achieve the desired result.
* Please keep all aligners.
* Keep aligners out of reach of young children and pets.
* Wear the aligners in the prescribed order. Each aligner contains the number which identifies the treatment stage.
* Do not bite aligners into place as this may damage them. Align them in place with your fingers and gently push them into place. Then use chewies to seat them fully.
* Chewing on chewies is necessary for proper tooth movement. For optimum tooth movement, use the chewies **3x a day for 10 minutes each**.
* If treatment fails to progress in a timely manner, a new scan/impression may be needed, and a new treatment plan will be prescribed.
* Take over-the-counter pain medications if necessary.
* To avoid loss of aligners, aligners should be “in your face or in your case.”
* If aligners become broken, place past/future **sets** in until next scheduled appointment.
* If a set is lost before you wear the set of aligners, call and notify the office immediately.
* Temporary increase in salivation or dryness of mouth may occur.
* If your gums become irritated, sore or discolored, call and notify the office immediately, additional adjustments may be necessary.
* You may notice some changes in your speech when aligners are in place.
* Avoid hot water and harsh chemicals.
* Aligners should be removed for eating and drinking. They do not need to be removed to drink water.
* Brush and floss your teeth after each meal or snack prior to re-inserting your aligners whenever possible. If you do not have access to a toothbrush, simply rinse your mouth, clean the aligners by holding them under running water. It is not the best way to clean, but it works in a pinch. Aligners should be cleaned thoroughly as soon as you can.
* Collins Dental recommends cleaning your aligners daily with:
  + Soft bristle toothbrush
  + Dial Anti-Bacterial FOAM soap or Dawn Dish Soap
  + Invisalign Cleaning Crystals
  + Do not use denture cleaner
  + Do not soak them in mouthwash
* If you have any questions, please call us at (407) 699- 9831.