



Pick up your aligners

- ✓ Text us at **920.315.8464** to verify you've picked up your aligners, and let us know if you have any questions



← Watch video!

- ✓ Scan the QR code to see an overview of getting started! (*Engage Orthodontics YouTube- All About Your Aligners*)



Get those teeth moving!

- ✓ Aligners are numbered in sequence (# 1, 2, 3, etc)
- ✓ Aligners are marked with either an "L" for lower/bottom teeth or a "U" for upper/top teeth
- ✓ Do not bite your aligners into position...this may damage them! Use your clean fingers to push down into place



How many days for each set?

- ✓ Wear each set for **20-22 hours per day**...the more you wear them, the better they'll move!
- ✓ Take them out when eating and brushing
- ✓ Wear each set for **7 days**, then change to the next set



How do I keep the aligners & my teeth clean?

- ✓ Brush like always! After eating or drinking, brush your teeth AND aligners with a toothbrush & toothpaste
- ✓ If NO toothbrush available, swish mouth with water to get all the food & sugar off your teeth BEFORE putting aligners back in!
- ✓ For a fresher feel, it is ok to soak your aligners in Denture "Efferdent" tablets dissolved in water as needed
- ✓ Please do NOT put aligner in boiling water or dishwasher- they will distort and will no longer fit!



What about the next visit?

- ✓ Your next appointment will be to check your progress...if you don't already have this booked, please contact us!

Please let us know if you need anything!



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