



SMILE DESIGN: WHAT TO EXPECT & AFTER CARE

INSTRUCTIONS

- Wear each set of aligners for one to two weeks, as directed by your dentist.
- Wear your aligner 23 hours a day.
- When you start wearing each new set of aligners you may feel a little extra pressure or discomfort for the first few days.
 - Due to the discomfort, you may choose to put in your new set of aligners right before bed.
- If you can tolerate ibuprofen, take 600-800 mg just before you put in your new aligners.

PROPER ORAL HYGIENE

- Remove your aligners to eat or drink.
 - You do not need to remove your aligners to drink cold water.
- After every meal or snack, brush and floss your teeth before reinserting your aligners.
 - If you don't have access to a toothbrush, you can simply rinse your mouth with water.

CLEANING YOUR ALIGNERS

- Clean your aligners before each insertion.
 - If you do not have access to a toothbrush simply rinse them with warm running water.
- Use a soft bristle toothbrush with water to clean your aligners.
- Do not use denture cleaners or mouthwash to clean aligners.
 - These products can damage the surface of the aligner, causing it to become dull and more visible.

STORING YOUR ALIGNERS

- Place in your protective case when you are not wearing your aligners.
 - Do not place them in a napkin or on the table

Please call our office immediately to let us know if we need to make you a replacement.
(208) 529-4484

