

## Congratulations and get ready to love your smile! Please read the following instructions to learn more about the proper wear and care of your new Sun Clear Aligners.

### All about wearing your Sun Clear Aligners:

It's important to always wear your Sun Clear Aligners 20-22 hours per day. In fact, you should only take them out to eat, brush and floss your teeth. If your Sun Clear Aligners are not worn as prescribed, they are not working as they should be, which can delay your progress. Even if short periods of time go by when the aligners are not in your mouth, tiny amounts of "relapse" can occur, which could affect your treatment.

Anytime you remove your Sun Clear Aligners, you should place them in their protective case and remember when you eat, you should always avoid placing your aligners on a table or in a napkin, etc., to prevent accidental loss. We all remember the kid in the lunchroom sifting through the garbage...

### Attachments are something you may not be familiar with:

Your dentist will take the time to discuss your treatment throughout your care. Often times treatment includes the placement of "buttons." Buttons assist your Sun Clear Aligners in making very strategic movements. These buttons (or attachments) are made of a composite material that is gently adhered to your teeth. When you wear your Sun Clear Aligners, small grooves in the aligners fit snugly over the buttons. If this procedure is recommended for you, the attachments or buttons adhered to your teeth will match-up to the corresponding groove on your Sun Clear Aligner.

Each time you place the Sun Clear Aligners in your mouth, you will need to make sure the groove is fitting snugly over the button to avoid incorrect shifting and delay of treatment.

Your buttons should be checked every day. Be sure to call our office if you notice that one is coming loose or has become damaged or missing.

### What to expect when you receive your next aligner in the series:

Your doctor will advise you when it is time to change to your Sun Clear Aligner. Don't worry if you feel less pressure. Trust us, your teeth are still shifting.

If you feel any discomfort, try changing your Sun Clear Aligners at night. This can allow for easier removal in the morning when your teeth will be less sensitive.

Be sure to use unwaxed floss between all of your teeth after you brush. Should any of the floss begin to split or frazzle between the tight areas of your teeth, this could be an indication that you are not ready for your next set of Sun Clear Aligners just yet. It is time to call our office to consult with your smile team about moving onto the next Sun Clear Aligner.

### What you need to know about cleaning your Sun Clear Aligners:

Cleaning your Sun Clear Aligners is simple. Just like your teeth, they can be cleaned with a manual or power toothbrush.

When cleaning your aligners, you will NEVER want to rinse or soak them in hot water. This can cause the aligner to become misshapen or melt. Other than your usual swish, do not expose your aligners to mouthwash, as they can absorb the dye. Do not use denture cleaners, as this can be very damaging to your Sun Clear Aligners.

### What if I need a replacement?

Please call our office immediately if you break or lose one of your Sun Clear Aligners. Your smile team will tell you which aligner to wear to prevent your teeth from shifting. Typically, if you are at the end of your wear time, we will have you move on to your next aligner. If you are at the beginning of your wear time, we will have you go back to your last aligner, but just until your replacement Sun Clear Aligner is ready.

### In what order should I wear my aligners?

Your dentist and smile team will help guide you through the sequential order of which to wear your Sun Clear Aligners. Each aligner is individually numbered for easy identification.

### How should I store my aligners?

It is very important to keep all of your past aligners, as it may be necessary to wear a previous aligner during your treatment. All of your Sun Clear Aligners should be stored in a cool, dry place.

Please note: We ask that you bring your prior set of Sun Clear Aligners, along with your current aligners to each office visit.

### What is a refinement?

A refinement is a fancy way of saying that your dentist needs to make a slight adjustment based on the movement of your teeth. This is typically done in our office by taking a dental impression. This is then used to make an additional aligner during or at the very end of your treatment.

In some cases, it may be recommended and or necessary for you to wear what we call a refinement series of aligners to complete your treatment.

### What you need to know:

Our team will be there with you every step of the way, but it is up to you to wear your aligners for the prescribed time. Not wearing your Sun Clear Aligners for 20-22 hours a day can result in additional treatment time and fees.