INFORMATION FOR PATIENTS AND PARENTS OR CARERS

# Starting your **clear aligners**

Your Smartee aligners: how to wear them and look after them

BELFAST ORTHODONTICS

## What we **did today**

- We placed small **tooth-coloured attachments** on some of your teeth to help the aligners grip and move your teeth, and showed you how to **put in and take out** your aligners.

## Wearing **your aligners**

- **Wear them 20 to 22 hours a day**, including while you sleep.
- We recommend the **30-minute rule**: never have your aligners out of your mouth for more than 30 minutes at a time.
- **Take them out only** to eat and to drink anything other than plain water. Then brush your teeth and put them straight back in.
- Use your **chewies** (aligner seaters), usually morning and night. Biting on them helps the aligners sit fully onto your teeth.
- **Change to the next set once a week** at home. Do not skip ahead unless we have discussed this with you.

## The first **few days**

- **Tightness:** each new set may feel tight for a day or two. This is normal.
- **Speech:** you may have a slight lisp at first. This usually settles within a few days.
- **Aching:** you can take simple painkillers (always check with a parent and follow the instructions on the packet).

## Keeping teeth **and aligners clean**

- Brush your teeth **twice a day** with fluoride toothpaste, and always **brush before putting your aligners back in**. Keep seeing your regular dentist for check-ups.
- Clean your aligners gently with a soft toothbrush and cool water. **Never use hot water** – it can bend the plastic so they no longer fit.

## Looking after **your aligners**

- When they are out of your mouth, **keep them in their case**. Keep them away from pets. Never wrap them in a tissue – they are easily thrown away.
- **An attachment has come off?** Do not panic – they only help the aligner grip. You usually do not need to come back early, but contact us if your aligner feels loose or you cannot wear your elastics, and tell us at your next appointment.

## Your **appointments**

- If you cannot come, tell us as soon as possible. If William has emailed you before, you can reply to him directly if you can't get through on our main email or phone number.
- **If you repeatedly miss appointments, we may have to stop your treatment early**, as brace treatment needs to be monitored closely.
- At your appointments you will be seen by members of our orthodontic team, including orthodontic therapists, our dentist with enhanced skills in orthodontics, Dr Méabh Maguire, and our specialist orthodontist.

## Questions **or problems?**

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| **Clinic name** | Turk Dental Care | **Phone** | 028 9045 1303 |
| **Email** | info@turkdentalcare.co.uk | | |
| **Opening hours** | Monday to Friday, 9am to 5pm (usually closed for lunch, 1pm to 2pm) | | |

Please have your name and date of birth ready when you contact us.