



**SMART**  
ALIGNERS

**We don't just align your teeth,  
we design your smile**

**Clear Aligner Instructions**



# INSTRUCTION FOR CLEAR ALIGNER TREATMENT

B-Smart aligners are a series of clear dental appliances that are formed into the shape of a patient's teeth to Gradually move them, improving the appearance and function by applying gentle, consistent pressure to them.



## Placement the aligners

- Align the appliance with your teeth, then insert the aligners with finger pressure starting in one side in the back of your teeth, continue to the front and the other side of it, make sure they are seated properly.
- Bite all around with a chewie or bite stick provided by the doctor's office.



## Taking off the aligners

- Start Removing them from the back teeth, then move your fingers to the front of the aligner, apply direct up or down pulling force cautiously to remove it, avoiding twisting force.



## Owners instructions

- The aligners will **only work** if you wear them at least 22 hours every day.
- **Eating and drinking** sugary beverages can cause damage or stain in your aligners, take the aligners off.
- **Remove** your aligners 10 minutes before every meal to avoid soreness while you eat.
- Always **store** it in a retainer case when you are not wearing it.
- Listen to your dentist and your orthodontist and always follow their instructions regarding wearing and caring for your retainer.





# HOW TO CLEAN YOUR ALIGNERS

It is important to know that brushing your clear aligners with toothpaste can cause tiny divots that can hold onto bacteria and make it breakable, please avoid to do that.

- **Clean** aligners thoroughly twice a day with a toothbrush and **water only** or any commercial product such Sonic Brite, Retainer Brite, Retainer Shield or Denta Soak. These commercial products for cleaning retainers may provide good results and include directions on their proper use.
- **Rinse** the retainer with warm (not hot) water
- If you are not able to successfully clean your retainer call your dentist or orthodontist, it may need to be cleaned in a professional ultrasonic machine.

## Non-Cleaning tips

Avoid this ways to clean your retainer:

- UV Sanitizers
- Hydrogen peroxide
- Dishwashers
- Toothpaste
- Boiling water
- Bleach
- Rubbing alcohol
- Denture cleaning tablets



Cigars, soda and other sugary drinks can affect your retainer just as they affect the teeth. Just remember, your retainer will absorb anything it's exposed to. Don't expose it to anything that shouldn't be in your mouth all day!

# WARNINGS!

## Take into consideration

When you wear aligners for the first time you will notice that you will start to make a lot of saliva, this is a normal reaction of our mouth and it will stop once you get used to the aligner.

## Initial Pain

During the first two or three days of using the aligners, feeling pain will be normal. It will go away with time. Taking over the counter pain relief will help mitigate the pain until it subsides.

## Speech Trouble

When some people use clear aligners, they notice a change in their speech. This is because their tongue is no longer hitting the back of their teeth when speaking, but instead is hitting the aligner. This can create unfamiliar and unintended speech patterns, but this should get better as a patient gets accustomed to the aligners.

## Less Common- Allergic Reactions

It is possible for patients to have a reaction to the plastic that clear aligners are made of. Some people may not realize they have a plastic allergy, but if there is any suspicion, the patient should discuss it with the orthodontist providing the aligners.

## Avoid

Keep aligners away from pets, hot water, hot car dashboards, pockets and napkins to avoid accidentally throwing away your retainer.



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