

Aligners



Packaging overview

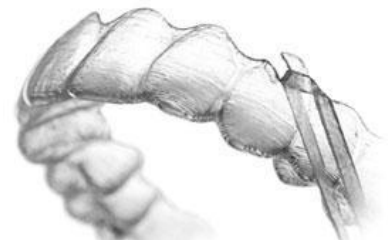
- Each bag is numbered (1 out of X). This is not the final number of trays you will have in total. This is just the first set of your trays that we have ordered.

Tray overview

- Numbers on the molar area of the tray – where it says U 01N (meaning upper tray 1 normal) and L 01N (meaning lower tray 1 normal) The numbers above that are your patient ID #



- The trays are 3D printed and as such are usually very smooth and comfortable to patients. However, if you ever feel like there is a rough spot on the tray, you can use a nail file to smooth out an area. We are happy to smooth them for you as well, but we understand sometimes coming into the office is more of a hassle.
- Elastic hooks for your elastics:
 - These notches in the tray are to accommodate your elastics if you are required to wear them.
- Power Ridges:
 - These small indentations are supposed to be there, they are adding pressure down by the root to achieve specific movements. You didn't melt or damage the tray!



Cleaning

- Clean your trays in the morning and at night, when you normally brush your teeth.
- You do not need to clean them every time you eat, however if you would like to, we never discourage extra brushing!
- We recommend using foaming soap to clean your trays. It is only 25% soap and it's mostly water and easy to use in the trays. Toothpaste is okay to use, however, you end up spending more time cleaning out the paste from all the crevices in the trays. You can also rinse or dip the trays in mouthwash to give them a fresh taste.
- We have some toothbrushes for you to use that are nice and skinny to get into the trays and so your regular toothbrush won't get soapy tasting.
- Remember to occasionally brush or clean your cases as they can start to smell a bit from saliva.

Eating

- Do not eat or drink anything with the trays in, except water.
- If you normally sip coffee during the morning, we understand that this would be a hard habit to break, and while we still encourage you to take the trays out when possible, we would recommend that you use a straw while having your coffee and/or having some water afterwards. It is also best to then go rinse the trays with water after finishing your coffee.

Insertion

- You will be able to tell the top from the bottom by looking at the front teeth. When placing the tray in, make sure to seat it as much as possible. Do not “bite” the trays into place.
- Use the ‘chewies’ each day for 5 minutes after your morning brush and bedtime brush to help seat the trays. You can bite onto them to help make sure the tray is all the way in. It is nice to keep one of these chewies in your case to help you get a new tray in completely.



Removal

- When you take out the trays it is easiest to start from the back and work toward the front. You can hook your thumb and pointer finger around the front and back of the tray and pull it out slightly and work your way around the arch. Don't try to flip the trays out by just pulling out from the back. This can break the trays after repeated removals.
- If you are struggling with removing the trays, you can also request an “outie” tool to hook under the edge of the tray during removal.



Wear

- The most important thing about the trays is wearing them 22 hours a day. They only come out when you eat and when you brush.
 - Not wearing trays for long enough can prevent tooth movement and extend treatment time significantly.
- For the rare special event (wedding, family bbq, etc) it is okay to have the tray out for a few hours, just make sure to wear it an extra day or two before switching to the next tray)
- Whenever the trays are not in your mouth, they need to be in a case – not in a napkin or your pocket as you will lose or break them. If you need more cases let us know and we will be happy to give you as many as you like.
- To help with tracking wear and reminders of when to change trays please download the free [TrayMinder app](#)



Tracking

- If the tray does not appear to be seated fully on a tooth, use the chewie and bite down in that area. Chew on the chewie for 10 minutes 3 times a day. If the tray does not begin to fully seat in a few days, call the office to come in for a checkup.

