

# KIZIOR & YOUNG

## Orthodontics

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### ESSIX & INVISALIGN ALIGNERS

Wear your aligners **24 hours a day** except to eat and brush your teeth.

Put your aligners in your case when eating (not in your pocket or a napkin).

Clean your aligners every time you brush your teeth. Use a toothbrush and toothpaste to clean your aligners. Do not place your aligners in boiling water or any other heat to clean them. This will ruin your aligners.

If you lose or break your aligners, **call us immediately!** If you just started wearing a set, put the previous set back in. Or, if you were toward the end of the 2 weeks, try in the next set. There will be a fee charged if we need to reorder a set of aligners.

Please follow your aligner instructions carefully.

If you are to change aligners every two weeks, do not try to change them sooner.

If your aligner(s) is causing a sore spot, continue wearing it and call us for an appointment.

Your speech and the increase of saliva will normalize in a few days.

Keep your aligners away from pets.

Do not chew gum. It will stick to your aligners.

**Bring your aligners to every appointment.**