

## SMILE DESIGN: WHAT TO EXPECT & AFTER CARE

### INSTRUCTIONS

- Wear each set of aligners for one to two weeks, as directed by your dentist.
- Wear your aligner 23 hours a day.
- When you start wearing each new set of aligners you may feel a little extra pressure or discomfort for the first few days.
  - Due to the discomfort, you may choose to put in your new set of aligners right before bed.
- If you can tolerate ibuprofen, take 600-800 mg just before you put in your new aligners.

### PROPER ORAL HYGIENE

- Remove your aligners to eat or drink.
  - You do not need to remove your aligners to drink cold water.
- After every meal or snack, brush and floss your teeth before reinserting your aligners.
  - If you don't have access to a toothbrush, you can simply rinse your mouth with water.

### CLEANING YOUR ALIGNERS

- Remove your aligners to eat or drink.
  - You do not need to remove your aligners to drink cold water.
- After every meal or snack, brush and floss your teeth before reinserting your aligners.
  - If you don't have access to a toothbrush, you can simply rinse your mouth with water.

### STORING YOUR ALIGNERS

- Place in your protective case when you are not wearing your aligners.
  - Do not place them in a napkin or on the table

Please call our office immediately to let us know if we need to make you a replacement (208) 497-0049.



**SUNRISE  
SMILES**

