



The Benjamin Franklin House
834 Chestnut Street
Mezzanine Level, Suite M209
Philadelphia, PA
19107
215.955.8802

The Times Building
34 Parking Plaza
Suite 804
Ardmore, PA
19003
610.649.3535

Congratulations On Beginning Your Aligner Treatment!

Please read this document carefully. As we always say at Greco Orthodontics, this is a team effort! Your cooperation is important not only for completing your orthodontic treatment in a timely manner, but also for achieving our treatment goals!

Without cooperation:

- Treatment time can be greatly extended
- Failure in the correction of your problem is possible
- Additional expense for broken or lost appliances can result

Extremely important additional measures and precautions that must be taken once aligners are delivered:

- Maintain regularly scheduled appointments
- Continue to see your general dentist as recommended. For adults, we usually recommend a frequency of once every 3 months and for children once every 6 months.
- It is important to brush your teeth twice per day. Brushing may take longer than 2 minutes now that there are new appliances. It is important to brush in circular motions at a 45 degree angle both above and below the braces to remove food and debris from between the braces and teeth. The area near the gumline is especially important.
- Please notify the office if attachments become loose or broken to allow for repair at the next appointment.
- Should an orthodontic emergency arise which cannot wait until regularly scheduled office hours, please call the office. Emergency care is always available.

Extremely important things to avoid:

- Avoid eating or drinking anything besides unflavored water with your aligners in. This includes coffee, tea or seltzer water. These drinks can be acidic and can wear away enamel.
- Whenever your aligner is not in your mouth, it goes **in your case!** Your aligner does not belong in a tissue, paper towel or on the counter.
- Clean your aligner after each meal:
- Gently brush your retainer and run it under cold water after each meal.
- You may occasionally want to use liquid soap and a toothbrush to clean your retainer.
- Do not place your aligner in hot water or leave it in a hot car as the aligner can change shape.
- If your aligner is lost or damaged, please **use the previous aligner** until you can either call us or come see us. Do not stop wearing anything as the teeth can relapse.
- Protect your aligner from hungry pets who might chew on the case and appliances!

As always, feel free to reach out to us via phone or email (grecoorthodontics@gmail.com) should any issues arise.