



Orthodontic Specialists of Lake County

SIMPLY SPECTACULAR SMILES
(Formerly Drs. Sellke & Reily, LTD)

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Successful Aligner Treatment

1. Aligners are worn at all times except eating and brushing.
ONLY if worn 21 - 22 hours every day will your treatment progress well.
2. Do not eat with the aligners in. It is OK to drink water with aligners in place. Other drinks can discolor your aligners and increase the chance of damage to teeth (enamel decalcification and cavities).
3. Before placing aligners brush and floss your teeth to remove food and plaque. Aligners should be brushed as well with water and a little soap. Toothpaste won't damage your aligners, but it might discolor them. Never use hot or boiling water or harsh chemicals to clean your aligners.
4. Wear each set of upper and lower aligners for ____ days. You may NOT change your aligner until you receive the "GO" prompt on your cell phone so please don't forget to take your scans weekly using the DM app.
5. Save all used aligners, and always bring them to your next appointment. We will discard old aligners when appropriate.
6. Failure to wear the aligners as instructed will prevent tooth movement we desire. It can even cause things to get worse. The teeth will start to reverse their positions. Never "stop" wearing aligners. If you have a problem call us but leave your most recent aligner in! Be sure to bring all your used aligners with you.
7. If VPro+ unit is part of your treatment, It MUST be used with your aligners in and used for at least 5 minutes every day. It is OK to use the VPro+ unit more often if your teeth are sore.
8. If Chewies are part of your treatment, you position the "chewie" in between your teeth and bite down with aligners in. It can be placed short or long ways. It is important to move it around in your mouth from one side to the other, biting down as you move it from one area to another. Repeat this process again and again to help the new trays seat properly on your teeth. We recommend 5-10 minutes per day.

Tips and Tricks during Aligner Treatment

1. When trying on a new set of aligners, your tongue, lips, or cheeks can get sore from the aligner edge or from a precision cut out that might be used to connect rubber bands. If this occurs you can try the following:
 - a. Use a nail file to smooth the edge of the aligner.
 - b. Wax can be helpful. Press a small amount on the edge of the aligner that is bothering you.
 - c. If a sore occurs, rinsing with warm salt water to clean the area is helpful. Those sores should heal soon and not return.
2. During Treatment your bite will change and feel different. Don't worry as this is normal! Your teeth may also feel loose. This too is normal. We are, after all, moving your teeth from where they were to where they need to be for the great smile you have always wanted.
3. Are aligners difficult to remove? A good tip is to reach as far back as possible and can catch an edge with your finger nail. You can also try to grip the aligner with your thumb on the inside and index finger on the outside and pull straight down. Do not worry; the aligner should not break, so give it a good tug.
4. The start of a new set of aligners usually brings some tooth discomfort. We recommend rinsing the new set with water and placing them in before going to bed.
5. If a new aligner does not fit right, keep in the previous aligner and give us a call.
6. Taking your weekly photos with the DM app on your phone will allow us to monitor your progress weekly! This allows us to see you LESS often and monitor your progress MORE often. What a nice benefit!
7. Massage your aligner where your attachments are to help seat the tray better.

If you have any questions or concerns feel free to give us a call. You may also refer to our website as well at www.osolc.com.