

Protecting your teeth before, during and after aligner therapy

Did you know that 28% of patients may see a new cavity during aligner therapy?

Due to the long wearing time and the fact that the aligners wrap around a large area of the tooth surface, this special interaction with the teeth may limit their natural cleaning by saliva, which may be an important factor triggering enamel demineralization.

Aligners can trap food debris and liquid against the teeth, leading to a build up of plaque and acids. This can lead to cavities and gum problems.

Top tips to help prevent cavities and protect your oral health during aligner therapy:

Do

- Remove your aligners before you eat or drink and consider brushing teeth after meals. Rinse your aligner before reinserting
- Clean your aligners every day with a specialist cleanser like Polident and a soft brush to remove food particles and plaque
- Manage pain and discomfort with Advil Dual Action
- Brush your teeth for 2 minutes twice a day with an optimized fluoride toothpaste. You should also clean between teeth with floss or interdental cleaners
- Use Pronamel Clinical Enamel Strength, a fluoride optimized toothpaste that helps remineralize teeth to strengthen enamel and build cavity protection*
- Schedule regular check-ups with your dentist so they can review your retainer and how you're using it

Don't

- Eat or drink with your aligners in as this can lead to stains and plaque which may cause cavities
- Store your aligners in a pocket or bag – use a clean airtight container
- Use sharp objects to remove aligners
- Place them in the dishwasher, as high temperatures can damage them
- Soak your aligners in mouthwash, which can damage or discolor them
- Bite your aligners into position, which can damage both the aligners and your teeth

If you lose or damage an aligner, contact your dentist or orthodontist immediately for advice.

Take home notes:



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