



Care of Teeth During Aligner Treatment

Dental aligners are a popular and effective way to straighten teeth. However, maintaining proper oral hygiene is crucial for successful treatment.

 by Dr Anurag Gupta



Importance of Oral Hygiene During Aligner Treatment

1 Reduced Risk of Cavities

Aligner wearers are more susceptible to cavities, so maintaining good oral hygiene is critical.

2 Preventing Gum Disease

Gum disease can negatively impact aligner treatment, causing discomfort and potential complications.

3 Faster Treatment Progress

Good oral hygiene allows for faster and more effective tooth movement with aligners.

4 Maintaining a Healthy Smile

Proper hygiene ensures a healthy smile and prevents future dental issues.

Brushing and Flossing Techniques for Aligner Wearers

Brushing Technique

1. Remove aligners before brushing.
2. Brush thoroughly for 2 minutes, twice daily.
3. Use a soft-bristled brush and fluoride toothpaste.
4. Brush around and under the aligners.

Flossing Technique

1. Floss once a day, before or after brushing.
2. Use a flossing thread or water flosser.
3. Remove aligners and floss thoroughly between teeth.
4. Clean your aligners before reinserting them.

Cleaning and Maintaining Your Aligners

Daily Cleaning

Clean your aligners with a soft-bristled toothbrush and a mild soap or aligner cleaning solution.

Temperature

Temperature of the water used for cleaning should be neutral or mildly cold, but never warm/hot.

Storage

Store your aligners in a designated case when not in use, to prevent damage or loss.

Regular Maintenance

Consult your dentist about the recommended frequency for professional aligner cleaning.





Avoiding Staining and Discoloration of Aligners

Avoid Staining Foods and Drinks

Limit consumption of coffee, tea, red wine, and other staining substances.

1

Use Straws

When drinking colored beverages, use a straw to minimize contact with teeth and aligners.

2

3

Rinse After Eating or Drinking

Rinse your mouth and aligners with water immediately after consuming staining foods and beverages.



Dealing with Sensitivity and Discomfort During Treatment

1

Pain Relief

Over-the-counter pain relievers can help manage discomfort.

2

Salt Water Rinse

Rinse your mouth with warm salt water to reduce inflammation.

3

Dental Wax

Apply dental wax to aligners to minimize friction and irritation.

4

Contact Your Dentist

If discomfort persists, consult your dentist for advice.

Incorporating Dental Check-ups and Cleanings

Frequency	Recommended
Professional Cleanings	Every 3-6 months
Check-Ups	Every 6-12 months





Conclusion and Summary

Proper oral hygiene is crucial for successful aligner treatment. Brush and floss regularly, clean your aligners properly, and schedule regular dental appointments. By following these guidelines, you can enjoy a healthy smile during and after your aligner treatment.

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