



Centre Dentaire
Brome-Missisquoi

PATIENT GUIDE – Your Spark clear aligners

Welcome to your orthodontic treatment!

Spark clear aligners gradually move your teeth in a comfortable and discreet way. Your cooperation is essential to achieving the best possible results.

1. WEAR YOUR ALIGNERS

Wear your aligners approximately 20 to 22 hours per day.

Remove them only to:

- eat;
- drink anything other than water;
- brush your teeth and floss.

The more closely you follow the recommended wear time, the more likely your treatment will progress as planned.

2. REMOVE YOUR ALIGNERS TO EAT

- Always remove your aligners before eating.
 - You may drink **water** while wearing your aligners.
 - Avoid hot, colored, or sugary beverages while your aligners are in your mouth.
 - After eating, brush your teeth before putting your aligners back in whenever possible.
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3. DENTAL AND ALIGNER HYGIENE

Brush your teeth **at least 4 times a day** and floss daily.

Your aligners

- Rinse them with cold or lukewarm water whenever you remove them.
 - **Never use hot water**, as it can deform the aligners.
 - Gently clean them with a soft toothbrush and mild soap.
 - Avoid abrasive products and toothpaste, as they can scratch the surface of the aligners.
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4. INSERTING AND REMOVING YOUR ALIGNERS

To insert your aligners

1. Place the aligner over your teeth.
2. Gently press it into place with your fingers.
3. Use your **chewies** if your dental team has recommended them to ensure a proper fit.

To remove your aligners

Gently remove the aligner with your fingers, starting from the inside (tongue or palate side).

Do not bite directly into the aligner to seat it into place.

5. CHANGING YOUR ALIGNERS

Your next aligner: # _____

Change date: _____

Change your aligners according to the schedule established by your dentist.

Mild pressure or sensitivity may be normal when changing to a new aligner.

Never move on to your next aligner earlier than scheduled without your dentist's approval.

6. TAKE CARE OF YOUR ALIGNERS!

When your aligners are not in your mouth:

Always store them in their case.

Avoid:

- leaving them in a tissue or napkin;
- exposing them to a heat source;
- leaving them within reach of pets;
- placing them somewhere they could easily be lost.

Foods and beverages to avoid:

- Energy drinks
- Hard, sticky, and/or sugary foods
- Carbonated beverages
- Juice

ELASTIC WEAR

If elastics have been prescribed with your Spark aligners, they must be worn according to your dentist's instructions.

- Wear your elastics for the recommended number of hours, generally continuously, except when eating and brushing your teeth, if instructed to do so by your dentist.
- Place the elastics on the designated hooks or buttons. Always follow the direction of wear demonstrated by your dental team.
- Change your elastics daily or according to your dentist's recommendations.
- Always keep a few spare elastics with you.
- If an elastic breaks or you forget to wear it for several hours, **do not double up the elastics** to make up for the missed time. Simply resume your regular wear schedule.
- Elastics are for **single use only**. Do not reuse them.

Important: Consistent elastic wear is essential for proper tooth movement and the progression of your treatment. If you have difficulty putting them on, if a hook becomes loose or detached, or if you experience significant irritation, contact our team.

HAVING A PROBLEM?

Contact the clinic if:

- your aligner is **lost or broken**;
- your aligner does not fit properly;
- an aligner becomes very uncomfortable;
- you experience significant or persistent pain;
- you have a question about your next aligner;
- an attachment is broken, or a button is lost or has come loose.

Centre Dentaire Brome-Missisquoi

We are here to support you every step of the way throughout your treatment!

450-266-2429

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Keep this guide throughout the entire duration of your treatment.