

Trutane Active Aligners



- ◆ The Trutane prescribed for you is an **active** aligner designed to move your teeth into new positions to correct the alignment of your teeth. Depending on your needs, you may be receiving several new aligners as you progress through treatment
- ◆ The Trutane Aligners **must** be worn full time while they are repositioning your teeth. You will remove them **only** to eat and brush your teeth as directed. You may experience soreness during your first few days of wearing the aligner(s). Tylenol and a soft diet those first few days will help alleviate this discomfort.
- ◆ To clean, remove the Trutane Aligner **very carefully** and **use soap, water, and Q-tips**. You can also use a *denture cleaner*, like Efferdent, to freshen your aligner. Make sure the water is **cold**. **Any heat at all will distort the plastic**. **Do not** use toothpaste or toothbrush on this aligner as it will dull the brilliance of your aligner.
- ◆ **Always** bring your aligner to your check up appointments so we can make any necessary adjustments.
- ◆ **Do not** leave your aligner in a **hot car** or in a **pocket while laundry** is being done, because the *heat will distort the plastic*.
- ◆ When you complete the repositioning of your teeth you will be given your final aligner to maintain the corrected position of the teeth at night. Be sure when the aligner is not in your mouth that you *keep it in your case*. *Dogs love to chew on and younger brothers or sisters love to play with aligners so make sure to keep the case in a safe place*.

**KEEP IN MIND THAT EACH VISIT IS ONE
STEP CLOSER TO A BRIGHTER SMILE!**