Bella Family Dental

(972) 290-0903
347 W Jefferson Blvd, Dallas, TX 75208

Clear aligners

Covers: Clear aligners, including attachments and retainers.

Our in-house clear aligners are our main option; Invisalign® is also available on request.

Before your visit

- Brush and floss before your scan or aligner visit.
- Have any cavities or gum problems treated first, as your dentist recommends.
- Please arrive 30 minutes before your appointment to complete any paperwork and make any payments due. If you are taking Halcion (oral sedation), arrive 1 hour before.

After your visit

Wearing your aligners

- Wear your aligners 20 to 22 hours a day, unless your dentist tells you otherwise. Take them out to eat, to drink anything except plain water, and to brush and floss.
- Wear each set in the order you were given. Do not move to the next aligner early.
- If an aligner is lost, cracked or does not fit, or if the number does not match your plan, call us at (972) 290-0903 before you go on.
- Brush your teeth (or at least rinse well) before putting them back in.

What's normal

- Pressure or soreness for the first few days of each new set.
- A slight lisp for the first few days.
- Small tooth-colored bumps (attachments) may be bonded to some teeth to help the aligners grip.

Comfort

- For soreness, take over-the-counter or prescribed pain medicine only as directed by your dentist and the label.
- Soft foods help on the first days of a new set.

Caring for your aligners

- Rinse them when you take them out. Clean gently with a soft brush and cool water.
- Never use hot water, which can warp them.
- Keep them in their case, never wrapped in a napkin, and away from pets.

Retainers

- When treatment ends, retainers are required. Wear them as directed so your teeth don't shift. Unless your dentist gives you a different schedule, wear a retainer all day except meals for the first year, then every night after that.

When to call us

Call us at (972) 290-0903 if you have:

- An aligner cracks, is lost, or no longer fits
- A rough edge or attachment cuts your gum or cheek
- Pain that is more than mild pressure, or lasts more than a few days

For a medical emergency, call 911. Call 911 or go to the nearest emergency room for trouble breathing or swallowing, swelling that spreads toward your eye or down your neck, or bleeding you can't control.

These are general instructions. If your dentist gave you different instructions, follow those. Our staff speak English and Spanish (atención en español). Our doctors do not speak Spanish.

View online or share:
https://www.bellafamilydental.com/patient-care-instructions/clear-aligners/
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