



GARY M. HOLT, D.D.S., P.C.
personalized orthodontics

Chewies and Aligners

Chewies are used to help get a new aligner to fit better. With your aligners in, place the chewie between your teeth in an area where the aligner and your tooth has a gap. Squeeze down on the chewie with about half of your force and hold for 30 seconds, then release for 10-15 seconds, repeat. Do this for a few minutes when first putting in a new aligner to get the tray to go all the way down. Typically this only has to be done for a couple of days after a new aligner is started.

Aligners should be worn 24/7 unless eating or drinking. Do not eat or drink anything other than water while wearing your aligners. Once you have transitioned into your next aligner do not discard your last tray. At the very least you will keep all of your aligners until treatment is finished. If an aligner is not fitting properly or an attachment comes off then call our office for further instruction.

Clean your aligners every night when you are brushing your teeth. Just a little toothpaste and a good scrub should do the trick.