



Dr. Eckler • Dr. Black • Dr. Leung  
ORTHODONTISTS  
"SmileSolutions"

## INSTRUCTIONS FOR SMILE SOLUTIONS PATIENTS



### INVISALIGN

- Continue to wear and change aligners as prescribed.
- If you have run out of or finished your aligners stay on the last aligner. Wear it full time for 3 weeks then go to 12 hours a day wear.
- If you lose or break an aligner, go to the next aligner, if it does not fit well go to the previous aligner. Please send us invisalign progress pictures from our website so we can assess you.
- Continue to wear you elastics as prescribed. If you run out of elastics let us know so we can mail you more.

### BRACES

- Continue elastics as prescribed. If you run out of elastics let us know so we can mail you more.
- If you have a poking wire, see if you can bend it out of the way with the eraser end of a pencil or trim it with a cuticle scissor or nail clipper. Use wax to cover any sharp areas.
- If you break a brace it is OK! AVOID STICK AND CHEWY FOODS. We will fix it at your next appointment.
- Make sure you brush your teeth, use floss threads and your proxy brush and keep your mouth clean!
- If you have any questions do a virtual EMERGENCY APPOINTMENT on our website and send us pictures of what is broken

### EXPANDER

- Continue your turns as prescribed.
- Once your turns are completed, do a CHECK MY PRGRESS virtual appointment on our website.
- Please continue to clean a brush your teeth well.
- If the expander is loose, please submit photos by clicking on the emergency appointment icon at [smilenow.com](https://smilenow.com)

### RETAINERS

- Continue to wear you retainer as prescribed.
- If your retainer is broken please do a virtual EMERGENCY APPOINTMENT on our website and send us pictures of what is broken
- If you have a glued in retainer on the back of your teeth that is loose, leave it alone if possible. If it is hanging down, keep wax on it. If it hangs down too much either trim it with nail clippers or pull it off.
- Make sure you brush your teeth, use floss threads and your proxy brush and keep your mouth clean!

If you still have questions feel free to visit our website  
[SMILENOW.COM](https://smilenow.com)

Select the appropriate icon and send us your pictures for additional guidance and help.  
We will review the pictures you send and get back to you within 1-2 days.  
Our doctors can call you and video conference with you to assist you.