



mount lawley
orthodontics

Aligner Chewies

Aligner chewies provide a soft chewing device the size of a cotton roll that can be dispensed to patients being treated with aligners. Chewies are given to patients for use with their aligners to eliminate the air space between the aligner and the teeth. Chewies provide a uniform force to seat the aligner properly.



Instructions for use:

- *Insert both retainers seating them as far as you are able with your fingers.*
- *Place the chewie over the affected area, squeeze and hold it between the teeth for approximately 10 seconds. Release and rest briefly – repeat the exercise for 20 minutes, once per day.*

You may experience sore or tender teeth over the next week or two as they align. Light pain relief medication may be indicated if this is the case.

