



motto[®]

CLEAR ALIGNERS

ONLY AT AspenDental

LET'S MAKE MOVES

MOTTO ALIGNER GUIDE



YOUR GRIN IS IN

It's time to move towards greatness. Your Motto® clear aligners were designed just for you — for the best version of you. Treat them right, and they'll reward you with confidence to last a lifetime. Like any worthwhile journey, consistency is key to unlocking the power of your perfect smile.

Ready to transform? Let's do this.

This is your Smile Squad.

Meet your new best friends. The team's all here to help you love your new smile for life.

Motto clear aligner sets

The work horses behind your perfect smile, U is for upper teeth, L is for lower teeth. You'll receive 10 sets as your treatment progresses.



Aligner case

Store your aligners inside the case when they're not in your mouth.

All aligners. All the time.

Welcome to life with your clear aligners. In no time, you'll fall into a rhythm where wearing your aligners will feel like no big deal. Here's how to keep your new smile on track.

Stay the course.

Wear each set of aligners per your doctor's instructions (usually one week at a time).

Get cozy.

Wear your aligners 22 hours per day for best results. Keeping them out for longer than four hours per day may compromise your treatment.

Swap smart.

Switch to each new aligner set at night to maximize teeth movement and minimize any temporary tightness.

Go all out.

Remove your aligners when you eat or drink anything that isn't tap water, unless directed by your doctor.

Eat freely.

When not wearing your aligners, you can eat or drink all your favorites (just remember to brush and floss your teeth before re-inserting aligners).



Smile swagger in your face

Once your treatment is complete, if you don't love your new smile after wearing your aligners as recommended, we'll work with you to get you where you want to be. That's our Motto Assured™ promise.¹



¹Must be in compliance with your doctor-directed treatment plan. Refinements must be requested within 30 days of completing your last aligner step and prior to receiving your retainer.



PUT YOUR
BEST FACE
FORWARD.

Stash your used aligners.

Remember to save all your aligners until the end of your treatment. Your doctor may recommend that you temporarily go back a set if your current set is lost or damaged.

Fast friends.

While the pressure of your clear aligners will gradually shift your teeth, many patients see results in as little as 6 months.²

Straight “talk”.

At first, you may feel a slight lisp until your mouth adapts to sharing space with its new friends. This is normal, and means your aligners are doing their job.

A little give.

Your teeth may feel “loose” at times. This is also normal. As your teeth move, your gums are reforming around each tooth.

A little pull.

Your teeth may be sore the first 24–48 hours with each new aligner set. Again, totally normal.

²Average patient treatment plan lasts 5.4 months. Results may vary.



STRAIGHTEN SMARTER

Everything you need to know
to put your best face forward.

In and out, easy.

Here's how to keep your aligners working harder, so you can smile easier.

Putting them in.

Identify each new aligner set by pouch number (e.g. #1 is for Week One).

Inspect aligners for any cracks or tears. (See anything? Call the office.)

Wash your hands. Then, brush and floss teeth before inserting aligners. Place the front part of the aligner in first, then pop the back part in using your thumbs or fingers. They should “snap” into place.

Watch our
how-to
video



Taking them out. (gently, please)

Use a fingernail to pop the aligner off the tongue side of your back teeth. Then lift gently on both sides to disengage and remove the aligner completely.

Never yank or pull hard on your aligner, and don't try to remove it all at once (to prevent tearing).

Hands on. Smiles ready.

Here's how to handle your aligners like a pro. Remember to wash your hands beforehand — and only work with one aligner at a time.



DO

Clean aligners with a toothbrush and warm — not hot — water before putting them back into your mouth.

Brush and floss your teeth before putting aligners in each time (Can't brush? Rinse your mouth with water).

Store aligners in their case when not wearing.

Keep aligners away from pets and kids.

Continue with your routine dental check-ups.



DON'T

Soak aligners in mouthwash (it will discolor them).

Expose your aligners to hot water or excessive heat (e.g., direct sunlight, hot cars).

Wrap your aligners in a napkin or paper towel.

Put aligners in the dishwasher.

Wear aligners when eating or drinking anything other than tap water (unless directed by your doctor).

Bite your aligners into position

Chew gum or smoke with your aligners in.

From before to after, side by side.

We want you smiling from start to finish, and every millimeter in between. And while everyone's progress is personal, here's how we'll work together to achieve your smile nirvana.

Check-in with an app.

Talk to your Aspen Dental smile advisors about adding the Motto- Monitoring™ app to your treatment plan. It helps the team stay up to date on your progress in between office visits. MottoMonitoring is available for Android and iPhone.

When to definitely reach out.

If you lose, tear or crush your aligners.

If your aligners are not fitting properly.

If you notice any damage or tears to your aligners.

Stay close with your smile advisors.

Your Aspen Dental team is your expert guide, helping you along your journey. Got a question? Reach out. We're here to talk, in the office or on the phone.

When you visit the office.

Make sure to wear your current aligners, and bring your next set of aligners with you.

If you are coming in because your aligners are not fitting properly, please bring all your used and unused aligners with you (you may be asked to go back to a previous set).

This guideline is intended as a reference for information purposes only. It is not intended to establish a standard of care and is not a substitute for exercising professional clinical judgment when offering advice, diagnosing, recommending or providing treatment.

How to make every Motto moment count.

Here are some helpful hacks to help you thrive during treatment.



Nighttime is the right time.

Switch to each new aligner set before bedtime to make a smooth transition while you sleep. Your teeth will shift best when they're in their new position for a continuous, uninterrupted amount of time.



Stay on the case

Keep your aligner case close by at all times. Otherwise, you'll be tempted to put your aligners in a napkin when you eat or drink — too easy to misplace or toss.



Travel smart.

Carry a travel size dental kit with you (floss, toothbrush) if you can. It will come in handy, since you'll be cleaning your teeth (and aligners) more than normal.



Tote that sanitizer

Hand sanitizer is a great item to carry when you're handling your aligners on the go, if soap and water aren't available.

Motto clear aligners are
available only at Aspen Dental.®

For more information, visit:
aspidental.com/mottoaligners

Love Motto?
Tell a friend.

