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Aligner Chewies

An Aligner Chewie is a small cylinder made of soft spongy plastic-like material called Styrene Copolymer.

It looks like a small roll of gauze or cotton.

You use the Chewies to help close any air gaps between your teeth and your Invisalign Aligners. Typically when you get a new set of aligner trays they may not fit tightly against your teeth at first. Biting on the Chewie helps your trays fit tighter on your teeth-which helps your treatment progress faster.

To use the Chewie just position it between your teeth (either "long way" or "short way" are fine) and bite down. Quickly move it from one end of your mouth to another, continuing to bite up and down until you have bitten down with all of your teeth. And then do it all over again for 5-10 minutes a few times a day. **MOST IMPORTANTLY BEFORE BEDTIME TO ENSURE PROPER SEATING OF TRAY FOR THE NIGHT.**

Chewies are reusable to a point. You can wash them with mild soap and water each time you use them. You will be able to do this several times before they lose their elasticity.