

Clear Aligner Treatment Instructions

These instructions are provided to help ensure the success of your clear aligner treatment. Please read all information carefully and follow the guidelines provided by your dentist or orthodontist.

1- Daily Wear & Schedule

Wear Time

- Aligners must be worn 22 hours per day.
- Remove aligners only when eating, drinking anything other than water, brushing, or flossing.

Switching Aligners

- Change to your next set of aligners every 14 days, unless instructed otherwise by your dentist.

Helpful Tip

- Switch to your new aligners at night before bedtime.
This allows your teeth to adjust while you sleep and may reduce initial discomfort.

Aligner Order

- Always wear aligners in the correct numerical sequence (for example: 1 → 2 → 3).

2. Insertion & Removal

2- Inserting Your Aligners

1. Wash your hands before handling aligners.
2. Place the aligner over your front teeth first.
3. Gently apply equal pressure to the back teeth (molars) until the aligner fits securely.
4. Do not bite your aligners into place, as this can damage them.

Removing Your Aligners

1. Start at the **inside of the back molars**.
2. Gently pull the aligner away from the teeth.
3. Slowly work your way forward until the aligner is completely removed.

3- Hygiene & Maintenance

Cleaning Your Aligners

- Clean aligners twice daily using:
 - a soft toothbrush
 - cool or cold water
- You may use a small amount of non-abrasive toothpaste or aligner cleaning crystals.

Avoid Heat

- Never use hot or boiling water, as heat can warp the plastic and affect the fit.

Oral Hygiene

- Always brush and floss after eating before placing aligners back in your mouth.
- This prevents food particles and bacteria from being trapped against your teeth.

Storage

- When aligners are not in your mouth, store them in their protective case.
- Do not wrap them in napkins or tissues, as they are often accidentally thrown away.

4- Eating & Drinking

- Do not eat while wearing your aligners.
- Do not drink anything except plain water while aligners are in place.
- Always remove aligners when eating or drinking and store them in their case.

5- Troubleshooting

- Lost or Broken Aligners
 - Contact the dental office as soon as possible.
 - You may be instructed to:
 - wear your previous aligner, or
 - move to the next aligner in the series.

Discomfort

- Mild soreness is normal during the first few days of wearing a new aligner.
- Over-the-counter pain relief such as Tylenol may be used if needed.

Keep Previous Aligners

- Do not discard your previous aligners.
- Keep them as a backup in case your current set is lost or damaged.