

Instructions for Clear Aligners



- Aligners should be worn 24 hours a day. They should only be removed for brushing and eating.
- When brushing your teeth, brush your aligners as well. NEVER place them in hot water or soak them in mouthwash.
- When inserting aligners begin with your front teeth and gradually work towards the back.
- When removing aligners begin with your back teeth and gradually work towards the front.
- When not wearing your aligners, always store them in their storage case. NEVER WRAP YOUR ALIGNERS IN A NAPKIN!!!
- Keep your aligners away from pets. Dogs and cats love to chew on used aligners.
- Never discard your aligners. When finished with a set, clean them and place them back in their original pouch.
- If one of the bonded attachments falls off your tooth during treatment it is not necessary to return to the office to have it replaced. Simply notify us at your next scheduled visit and we will replace it at that time.
- You may drink water while wearing your aligners.
- If you misplace a set of aligners, wear the previous set or the next set in the series. Choose the set that fits most comfortably. Notify the office as soon as possible so we can determine the best way to proceed.
- If an aligner is too difficult to insert or remove, please contact our office.