



THE ORTHODONTIST SIMPLY SMILES



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Instructions for Clear Aligners



Removing Your Aligners

Remove your aligners while eating or drinking anything other than water to avoid damaging or staining them.

Remove them by carefully lifting them from the back side of your teeth to avoid permanent bending/ damage to the trays or attachments.

Cleaning Your Aligners

Clean your aligners at least once daily using a soft toothbrush, lukewarm water, and a small amount of hand soap.

Avoid hot water, as it can warp the aligners.
Avoid using toothpaste as it may scratch the aligners.

Wearing Your Aligners

Wear your aligners for at least 20-22 hours daily, removing them only for eating, drinking (except water), and cleaning. Consistency is key to effective treatment.

After every insertion, we recommend biting on all teeth with a Chewie (provided on the bonding day) to ensure the trays are fully seated.

Typically, each set of aligners is worn for two weeks, but if you feel that the current trays are still moving the teeth, then continue to wear them before switching to the next set.





Oral Hygiene

Brush and floss after each meal before putting your aligners back in to avoid trapping food particles and bacteria.

When undergoing orthodontic treatment, you are at a greater risk of experiencing gum issues or dental decay.

Discomfort

Feeling pressure and discomfort when starting a new set of aligners is normal. This is a sign that the aligners are moving your teeth. The discomfort should subside within 3-4 days.

To help with pain, you can take over-the-counter pain relievers. We recommend taking up to the maximum dose of acetaminophen (Tylenol) and ibuprofen (Advil), which you can alternate or take simultaneously.

If pain persists or the aligners feel uncomfortably sharp, contact our office for an adjustment.



Storing Your Aligners

Always store your aligners in their protective case when not in use to prevent loss or damage.

Keep them away from pets, as they tend to chew on aligners.