

## 1. Wearing Your Aligners

- **Wear your aligners for 20-22 hours a day** for the best results. Only remove them for eating, drinking, brushing, and flossing.
- Switch to the next set of aligners as directed by your orthodontist (typically every 1-2 weeks).
- If you forget to wear your aligners or lose them, contact your orthodontist immediately for guidance.

## 2. Inserting and Removing Aligners

- **To insert:** Align the tray with your teeth and gently press down with your fingers. Do not bite the aligners into place, as this may damage them.
- **To remove:** Use your fingers to gently pull the aligners off from the back of your mouth, then the front. Avoid using sharp objects to remove them, as this can damage both the aligners and your teeth.

## 3. Eating and Drinking

- **Remove your aligners** before eating or drinking anything other than water. Eating with the aligners in can damage or stain them.
- Always **brush your teeth** after eating and before reinserting your aligners to prevent food particles from being trapped, which can lead to cavities or bad breath.

## 4. Cleaning Your Aligners

- **Clean your aligners twice daily** using a soft-bristle toothbrush and clear, mild soap or specialized aligner cleaner. Avoid using toothpaste, as it can be too abrasive.
- Rinse your aligners with cool water before placing them back in your mouth. Never use hot water, as it can warp the aligners.
- Steradent can also be used, leave dissolved in a cup of water for up to 1Hr and brush lightly with a toothbrush with no toothpaste

## 5. Oral Hygiene

- Maintain excellent oral hygiene by brushing at least **twice a day** and flossing daily. Proper oral care helps prevent cavities, plaque build-up, and gum irritation during your aligner treatment.
- **Fluoride mouthwash** may also help protect your teeth during treatment.

## 6. Aligner Storage

- **Always store your aligners** in the provided case when not in use to prevent them from getting lost or damaged. Never wrap them in napkins or leave them exposed, as this increases the risk of misplacement or breakage.

## 7. Speech and Comfort

- Some patients may experience **temporary speech issues** (such as a slight lisp) when first wearing aligners. This typically resolves within a few days as your mouth adjusts.
- **Minor discomfort or pressure** is common, especially when switching to a new set of aligners. This is a sign that the aligners are working to move your teeth. Over-the-counter pain relief (like ibuprofen) can help if necessary.

## **8. Tracking Progress**

- Follow the schedule provided by your orthodontist for **changing aligners** and attending check-ups. These visits ensure that your treatment is progressing as planned.
- If an aligner doesn't fit properly or causes unusual discomfort, contact your orthodontist.

## **9. Lost or Broken Aligners**

- If you lose or damage your aligners, **contact your orthodontist immediately**. Do not skip ahead to the next set of aligners without professional guidance.

## **10. Post-Treatment Care**

- After completing your clear aligner treatment, you will likely be provided with a **retainer** to help maintain your new smile. It is crucial to follow instructions on wearing your retainer to prevent your teeth from shifting back to their original position.