

POST-OPERATIVE INSTRUCTIONS

Living with Clear Aligners

Wearing, cleaning, and protecting your aligners

Aligners only work while they are in your mouth — aim for 20–22 hours a day, taking them out only to eat, to drink anything other than water, and to clean your teeth. Mild soreness with a new set is normal and means they are working.

✓ Do

- ✓ Wear each set 20–22 hours a day and change them on schedule.
- ✓ Remove aligners to eat and to drink anything but water.
- ✓ Brush and floss before putting the aligners back in.
- ✓ Rinse and gently brush aligners with clear soap; keep them in the case.
- ✓ Use “chewies,” and wear your retainer once treatment is done.

✗ Avoid

- ✗ Eating or drinking colored/hot drinks with aligners in.
- ✗ Hot water or toothpaste on the aligners (warps and scratches).
- ✗ Leaving aligners out for long periods or wrapping them in a napkin.
- ✗ Smoking while wearing the aligners.

📞 Call us if...

An aligner cracks or no longer fits · you lose a set · an attachment falls off · you have persistent pain or a lasting sore spot.