



ORTHODONTIC ALIGNER INSTRUCTIONS

Congrats on your new clear aligners!

Here are some instructions to help your aligners fit the best and stay fresh.

1. Always rinse your aligners with cold water before wearing.
2. After you eat, make sure you brush and floss before putting your aligners back into your mouth.
3. Wear aligners all day and all night, and only remove them when drinking colored/flavored beverages or when eating.
4. Change your aligner set every 2 weeks. We suggest choosing one day of the week as your “change tray day,” and then putting it on your phone as a calendar alert or in your planner so you don’t forget!
5. Don’t forget to use your Chewies to help seat the trays if they don’t seem to be going down all the way.
6. Use a soft bristled toothbrush and a small amount of soap to clean your aligners. Never use hot water to clean your aligners.
7. Clean your aligners once a week or as needed using an over-the-counter product designed for removable braces/aligners. Retainer Brite or another similar product is recommended.
8. Do not use denture cleaner, abrasive toothpaste, or soak aligners in mouthwash as this can deteriorate the aligner surfaces and cause them to become dull or cloudy.
9. Store your aligners in your case when you’re not wearing them.
10. Feel free to call us if you ever have any questions!