



Congratulations on starting your orthodontics journey!

As you get started with your clear aligners treatment, here are some tips to help ensure proper use and avoid damaging your aligners and ensure treatment progress.

On each package you will find a sequence number. You should wear your aligners for at least 22 hours a day. Remember, the longer you wear your aligners, the faster you can move to the next set of aligners and the faster you will see results.

Putting on your aligners

First, we recommend good oral hygiene, which includes the use of dental floss and brushing your teeth twice a day, as well as the correct cleaning of your aligners.

To place your aligner, start the process from the front of the aligner, moving towards the back applying light pressure with your fingers, which will gradually fit the aligners into the teeth, until they seat perfectly.

Removing your aligners

After washing your hands well, start removing from the back region of the aligner, that is, the inner part (roof of the mouth), applying light downward pressure with your fingers, moving to the front region, which will gradually allow for the aligner to come out.

If you have attachments on your teeth, this removal can be a little more difficult, but it should happen normally.

Cleaning your aligners

You should clean your aligners every day with a soft bristle toothbrush, soap and cold running water.

Do not use warm water on your aligners under any circumstance, as heat may damage them.

Do not use denture cleaners to clean aligners. Do not soak them in mouthwash. These products can damage the surface of the aligner, causing it to become dull and more visible.

At meals

You should always remove your aligners while eating, for both comfort reasons as well as hygiene. You can wear your aligners only while you're drinking cold/room temperature water.

It is very important that you do not drink any hot beverages with your aligners on, as they are made of thermosensitive material and heat may damage them.

Brush and floss your teeth after each meal or snack prior to re-inserting your aligners. If you don't have access to your cleaning system or a toothbrush, you can simply rinse your mouth, and then clean your aligners by holding them under running water. It's not the best way to clean, but it works in a pinch. Be sure to thoroughly clean your aligners at your earliest convenience.

Unlike traditional orthodontics, you can usually eat and drink whatever you desire because you remove your aligners while eating.

Storing your Aligners

We suggest that your aligners are always stored in their case when not in use. You should avoid wrapping them in paper or keeping them in plastic bags, as that may increase the risk of losing or breaking them.

Keep all of your older aligners in a clean plastic bag, or as instructed by your doctor. Keep them out of reach of small children and pets.

What to expect

Most people experience tooth soreness for a few days after starting each new stage. This is normal. It is a sign that the aligners are working, moving your teeth to their final destination. This soreness should gradually go away a couple of days after inserting the new aligner in the series.

Like all orthodontic treatments, the aligners may temporarily affect your speech, and you may have a slight lisp for a day or two. However, as your tongue gets used to having aligners in your mouth, any lisp or minor speech impediment caused by your aligners should disappear.

Minor discrepancies between the new aligner and the current tooth position are normal, since the teeth need time to conform to the new aligner. In the event of significant problems with aligner fit, inform your doctor.

Potential Problems

In the event that an aligner is lost or broken, you should immediately inform your doctor. Your doctor will probably tell you to start wearing your last set or next set of aligners immediately. He or she will possibly order you a new set of aligners to replace the ones you just lost, which should arrive in a few days.

In the event that an attachment is lost or broken, you should immediately contact your doctor.

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