

Aligners – Post-Op & Wear Instructions

When to Wear

- Wear aligners **22 hours per day**.
- Only remove them to eat, drink anything besides water, brush, or clean.
- **Switch to your next tray every 2 weeks**, unless your dentist instructs otherwise.
- Staying on schedule is essential for predictable tooth movement.

Soreness & Comfort

- Mild pressure or tightness is normal for the first **2–3 days** of each new tray.
- Switching to a new tray at night can make the adjustment easier.
- OTC pain medication may be used if needed.
- “Chewies” may be recommended to help seat the aligners fully.

Eating & Drinking

- Remove aligners for all eating and drinking except water.
- Hot drinks can warp the plastic.
- Brush or rinse before reinserting aligners to prevent staining and cavities.

Cleaning Your Aligners

Daily Cleaning

- Brush your aligners anytime you brush your teeth.
- Use a soft toothbrush and clear, unscented soap.
- Avoid toothpaste if possible — it can scratch the plastic.

Deep Cleaning

- If the aligners don't feel fresh after brushing, soak them in water with a denture tablet for about an hour, then rinse thoroughly.

Avoid

- Hot water
- Mouthwash
- Abrasive toothpaste
- Colored denture cleaners

Oral Hygiene

- Brush and floss after every meal before putting aligners back in.
- Rinse aligners with cool water before wearing them again.

Attachments & Buttons

- Attachments help aligners grip and move teeth.
- If one comes off, call the office — do not wait until your next visit.

Tracking & Fit

- Aligners should fit snugly with no gaps.
- If a tray is not fully seating, contact the office for guidance.

Lost or Broken Aligners

- If an aligner is lost or cracked, call the office immediately.
- Do **not** skip ahead to the next tray unless instructed.

General Notes

- Follow all instructions to ensure proper tooth movement and avoid delays in treatment.
- Call your dentist if you have concerns about pain, fit, attachments, or aligner damage.
- You are responsible for costs if instructions are not followed.