



Clear aligners

How to wear and care for your custom-made clear aligners

How to wear your aligners

Wear each set of aligners for 1–2 weeks, or as advised by your orthodontist, to gently guide your teeth into position.

- Wear your aligners for 20–22 hours every day
- Only take your aligners out to eat, drink (water's okay), clean your teeth and for contact sports
- Brush your teeth after eating and drinking before you pop your aligners back in
- Always wash your hands before handling your aligners

What to expect when you start wearing clear aligners

Your aligners will feel tight to begin with, and your teeth might feel achy for the first day or two.

If your aligners have rough edges that irritate the inside of your mouth, you can very carefully smooth them with an emery board, or contact us for advice.

If you develop a slight lisp, keep talking and it will quickly improve.



Breakages and repairs

If you lose or break your aligners, contact us for advice. If we can't help you over the phone, we'll arrange an appointment as soon as possible. Keep your last set of aligners so that you can switch back to them in an emergency.

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Play contact sports?

We recommend wearing a mouthguard to protect your teeth. Speak to your orthodontist about ordering a custom-made mouthguard.

It's essential to keep your teeth and aligners *sparkling* during your treatment. You can remove your aligners to brush and floss as normal, and **don't forget** to see your dentist for check-ups.



How to clean your aligners

- Rinse your aligners every night and gently brush them with your toothbrush
- Don't use toothpaste to clean your aligners, it can leave small scratches and leave your aligners looking dull and more visible
- You can buy Retainer Brite tablets to keep your aligners extra fresh

Clear aligner tips and tricks

Here are some tips to help you get the most from your clear aligner treatment.

- When you're not wearing your aligners, keep them safe in their protective case – and never wrap them in tissue
- Keep track of how long you're wearing your aligners for each day (there are apps to help with this)
- Use chewies to help your aligners mould around your teeth for a perfect fit
- When you change to a new set of aligners, start wearing them before bed to give your mouth time to adjust while you sleep

Stay connected to your orthodontist

Using your DentalMonitoring ScanBox on your teeth and receive personalised advice from your orthodontist.

It's a convenient way for us to check your progress between appointments and keep your transformation on track.

