

Clear Image® Aligners

Congratulations on your new set of Clear Image® Aligners!

Wearing your Clear Image® Aligners

Place the aligner on your teeth and press lightly to snap the aligner into place. When the aligners are initially seated, you may feel some slight discomfort as your teeth start to move. The initial discomfort generally passes within 1-2 days. If necessary, your doctor may recommend an over the counter pain reliever.

Schedule

The aligners should be worn for approximately 22-23 hours a day. You should remove the aligners to eat and to brush and floss your teeth. Aligners are generally worn for 3 weeks before changing to the next set. Your doctor will tell you when to change to a new set. Remember to always take your worn aligners to your doctor's visits.

Cleaning your Aligners

To remove the aligner, place a fingernail under the edge of the aligner and gently lift the aligner until it dislodges.

You can clean the aligners with a toothbrush and cool water. Use a small amount of toothpaste if needed but avoid colored mouthwashes. Aligners should not be cleaned with hot water.

Remember to call your doctor if you have any questions about your new set of Clear Image® Aligners.