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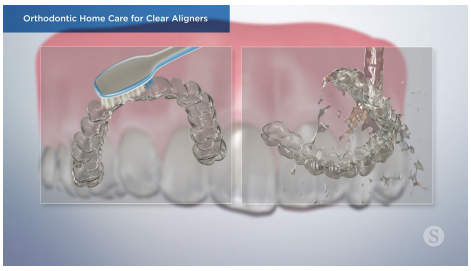
Orthodontic Home Care for Clear Aligners



For orthodontic treatment using clear aligners, daily home care is easier than traditional braces, but it's just as important to keep your teeth healthy during treatment and the trays free from bacteria.



Clear aligners are meant to be worn 20 to 22 hours a day. This means you'll only need to remove them to brush your teeth and to eat.



You should brush and floss like normal, and after every meal clean your aligners by brushing and rinsing them before putting them back into your mouth.



To keep trays fresh and clean, you should clean them once a day by gently brushing them or soaking them in a denture cleaner. This will help remove any tartar or plaque buildup on the aligners and keep trays clear and sanitized.



To prevent physical damage to the aligners, be gentle in placing and removing them. Never use force or sharp instruments.



Also, do not chew on hard objects like ice cubes and pencils while wearing the aligners, as it can cause damage.



You should push the trays into place with your fingertips using equal amount of pressure on the left and right molars.



Regular dental hygiene cleanings and checkups are a must during treatment. And remember to keep all your orthodontic follow-up appointments.



At any time during your treatment, if the aligner becomes damaged or if you feel any pain or discomfort, it is important to contact your doctor’s office for assistance.

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