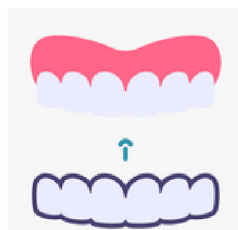




POST-TREATMENT INSTRUCTIONS FOR DENTAL ALIGNERS

- **Wear Your Aligners as Instructed:** Make sure to wear your aligners for the prescribed amount of time each day, typically 20-22 hours, removing them only for eating, drinking (except water), and cleaning.
- **Change Aligners on Schedule:** Follow the schedule provided by your dentist for changing to the next set of aligners. This typically occurs every 1-2 weeks, as directed.
- **Maintain Oral Hygiene:** Continue to brush and floss your teeth regularly, and clean your aligners daily using a soft toothbrush and mild soap or aligner cleaning solution.
- **Manage Discomfort:** It's normal to experience some discomfort or pressure when starting a new set of aligners. Over-the-counter pain relievers can help alleviate any discomfort, and using orthodontic wax on any rough edges can prevent irritation.
- **Keep Aligners Safe:** Store your aligners in their case when not in use to prevent loss or damage. Avoid placing them in pockets, as they can easily be forgotten or damaged.
- **Avoid Eating or Drinking with Aligners:** Remove your aligners before eating or drinking anything except water. This helps prevent damage to the aligners and reduces the risk of tooth decay.
- **Keep Track of Aligners:** Keep track of your aligners and make sure not to misplace them. If you lose or damage an aligner, contact your dentist for guidance.
- **Attend Follow-Up Appointments:** Attend all scheduled follow-up appointments with your dentist to monitor your progress and ensure your treatment is on track.
- **Be Patient:** Orthodontic treatment takes time, so be patient and trust the process. Stick to the treatment plan provided by your dentist for the best results.
- **Communicate with us:** If you have any questions, concerns, or issues during your clear aligner treatment, don't hesitate to reach out for guidance and support.



VISIT YOUR DENTIST EVERY 6 MONTHS FOR A HEALTHY SMILE & A HEALTHY LIFE

