



Treatment Instructions: Clear Orthodontic Aligners

Proper wear and care of your clear aligners will help ensure the best results and keep your treatment on track.

Wearing Your Aligners

- Wear your aligners **20–22 hours per day**, removing them only to eat, drink (anything other than water), and clean your teeth.
- Switch to your next set of aligners as instructed.
- Mild pressure or soreness with a new aligner is normal and typically resolves within a few days.

Eating & Drinking

- Remove aligners before eating or drinking anything besides water.
- Avoid chewing gum while wearing aligners.
- Brush and floss before reinserting aligners whenever possible.

Cleaning Your Aligners

- Rinse aligners with cool or lukewarm water (not hot).
- Gently brush aligners daily using a soft toothbrush.
- Avoid toothpaste or harsh cleaners unless recommended (specific cleaning tablets for retainers or aligners are okay).
- Store aligners in their case when not in use.

Oral Hygiene

- Brush and floss regularly to prevent cavities and gum irritation.
- Good oral hygiene is essential during orthodontic treatment.

What to Avoid

- Do not leave aligners exposed to heat.
- Do not wrap aligners in napkins (they are easily thrown away).
- Do not skip wearing aligners, as this can delay treatment.

Call Our Office If:

- An aligner cracks or no longer fits properly
- A button attachment breaks or comes loose.
- You lose an aligner
- Pain does not improve after several days
- You have questions about your wear schedule

Questions or concerns? Call King & Miles Family Dentistry at 812-473-1128.

Consistent wear and proper care will help you achieve a healthy, confident smile.