

True Dental Care

for kids & teens

Clear Aligner Instructions

- Snap the aligners onto your teeth and wear them for at least 22 hours every day.
- It is normal for fresh aligners to fit tightly and apply pressure to your teeth. This pressure should lessen as you wear each step.
- Contact your doctor if you experience any fitting issues.
- Remove the aligners to eat. Brush and floss after every meal to prevent food and drinks from getting trapped under the aligner.
- You may speak with a slight lisp while your tongue adjusts to the aligners—this usually goes away within a few days.
- You may experience dry mouth. Drink plenty of water.
- Store aligners in the provided case.
- Advance to the next step when directed by your doctor.
- Bring your previous set of aligners with you to checkups.
- Clean aligners with a toothbrush and cool water.
- Keep aligners away from hot, sweet, or colored liquids.
- Keep aligners away from pets.
- If you suspect an adverse reaction, discontinue use and consult your doctor.

QUESTIONS?

Call True Dental Care at 201-565-0880