


# **What Your Patient should know for Aligner Care**

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**Wear your aligner for 20 to 22 hours/day.  
Change your aligner set after every 10 or 14 days  
as suggested by your Orthodontist.**

**Avoid cleaning your aligner with toothpaste. Use clear antibacterial soap and a soft toothbrush to remove plaque and tartar.**

**Rinse your aligners every time you remove them. This helps wash away dried saliva and bacteria. Be sure to use cool water, as warm or hot water can warp the trays.**

**Never leave your trays laying out or carry them loose in your pocket. They can easily become warped. Always place them in the provided protective case for safety.**

**Always remove your aligners before eating or drinking. You should not have any snacks or meals while wearing your aligner trays to prevent stains, damage, and bad breath.**

**You'll have to call your patients a few times between routine cleanings to monitor the position of their teeth and assess the progress. Think of these as orthodontic follow-ups, similar to the ones you'd have with your patients if they had braces.**