

Cleaning your Clear Aligner

It is important to keep the appliance clean so it remains clear and odour free. The best way to clean the appliance is to use an ultrasonic cleaner and a gentle cleaning solution such as Retainer Brite.

You may also use a retainer or denture cleaner found at your local store (follow product instructions) and a soft tooth brush.

Important Tips:

1. Store your Clear Aligner in the provided case when it is not in your mouth.
2. Clean the Aligner daily using a safe cleaner and method.
3. Wear the Aligner everyday as per your dentist's instructions.
4. Always use your fingers to place the appliance in your mouth, never use your teeth to "bite" the appliance into place. Using your teeth will lead to distortion or breakage of your Clear Aligner.

Your dentist's instructions supersede these suggestions:

Congratulations on your decision to improve your smile. You are on your way to a wonderful result.

Each one of your Clear Aligners was custom made especially for you. Please follow the suggestions in this guide to ensure successful treatment and to properly care for your Clear Aligner Orthodontic Appliance.

Wearing your Clear Aligner

We suggest you try to wear the Clear Aligner all the time except while eating, drinking hot drinks and brushing your teeth. It will take about one to two weeks for you to completely acclimate to the appliance. You may experience some difficulties with speech and/or might salivate more during this period of acclimation.

During the course of treatment you will feel one or two teeth a bit tender or under pressure as they are moved to a new position. The longer you wear the appliance per day, the shorter your treatment time.



Clear Aligner system

*The simple way to create
a beautiful smile*



Care instructions

Avoid the Following:

1. Never expose your Aligner to heat; heat will distort the appliance and it will not fit correctly.
2. Never boil it to clean or sterilise the Clear Aligner.
3. Never leave the appliance in your car in the summer time.
4. Never wrap it in a napkin, when you take the Aligner out to eat. You risk losing it or throwing it away, not realising that you left the Aligner in the napkin.
5. If the appliance causes you discomfort of any sort contact your dentist, do not try to modify or 'repair' the appliance by yourself.