

Clear Aligner Treatment

Tips to optimize your treatment with Invisible braces



Wearing time	1. splint (soft) 7 days, 2. splint (medium) 7 days, 3. splint (hard) 7 days, then based on the new situation, another set of splints will be fabricated.
Ill-fitting	You may have the feeling that your new aligner is ill-fitting from the moment you place it on your teeth – this is quite normal and caused by the minor tooth movements. The fit of the aligner will become more relaxed and comfortable over time.
Slight pressure	You'll feel the splint just as a slight pressure on your teeth which are now being aligned smoothly in the required way.
Day and night	Wear the aligners at all times, with the exception of eating and drinking anything of color. Rinse both the aligner and your teeth with water before re-inserting.
Beverages	Do not drink anything but water while wearing the aligners.
Cleaning	Clean aligners twice per day with a toothbrush, a small amount of toothpaste and cool water. Never clean with hot water!
Irritations	If the edge of some of your aligners causes irritations in your mouth, smooth off or trim the offending aligner edge – but only the part covering the gums. If you do not want to perform the adjustment on your own please come visit our dental office for advice.
Spare	Please keep all splints of a set – in case of lost, misplaced or forgotten clear aligners you can use the prior splint.