

Clear Aligner Care & Tips 101

Getting the most out of your aligner treatment

Aligners are only as effective as your wear time and care routine. A few simple habits will keep your treatment moving on schedule and your aligners looking clear and clean.

Wearing your aligners

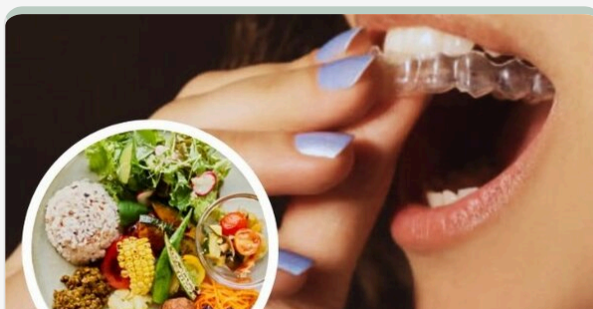
- Wear them more than 22 hours a day — only come out to eat, drink anything other than plain water, or brush.
- Each aligner is typically worn for 1–2 weeks before moving to the next in your series.
- Mild pressure or soreness for the first day or two of a new aligner is normal — it settles as your teeth adjust.
- Some initial change to your speech is common too, usually easing within 3–5 days.



A typical set of upper and lower clear aligners.

Eating & drinking

Always remove your aligners before eating or drinking anything except plain water. Eating with them in can crack the plastic or trap food against your teeth, increasing the risk of decay.



Take your aligners out before meals, and brush before putting them back in.

Avoid staining and warping

Skip hot drinks while wearing them. Coffee, tea, and other hot beverages can stain the plastic and even warp its shape from the heat — remove your aligners first, and give your teeth a quick rinse or brush before putting them back in.



Enjoy your coffee — just take your aligners out first.

Cleaning your aligners

Rinse under lukewarm (never hot) water every time you take them out.



Use cold water with a soft toothbrush and a little liquid soap — skip toothpaste, it can scratch the plastic.



A weekly soak in cleaning crystals or a denture-style cleanser keeps them clear.

Don't forget your teeth underneath

Aligners cover your teeth for most of the day, so plaque can build up quickly if hygiene slips. Brush and floss as normal before putting your aligners back in — ideally after every meal.

Storage & handling

- Always keep your case with you — wrapping aligners in a napkin is the #1 way they get thrown away by accident.
- Keep them away from heat — direct sun, hot cars, and hot water can all warp the plastic.
- Handle gently when removing; unclip from the back teeth first rather than pulling from the front.

Good to know

- You may be asked to wear small tooth-coloured attachments or elastics to help certain movements — normal and expected for some cases.
- Review visits are usually every 6–12 weeks to check your progress.
- After treatment, retainers are needed long-term to keep your teeth in their new position.

Evidence-based approach**Specialist-led treatment****We're one WhatsApp away**

This leaflet is for general patient education and does not replace individual clinical advice.