



POST-OPERATIVE INSTRUCTIONS

Wearing Your Clear Aligners

Cosmetic · Cisco Dental — Dental Fitness

Clear aligners move your teeth with a series of custom trays, each worn about two weeks. They only work while they are in — so the discipline of wear time is what delivers your result on schedule.

Wear time is everything

- Wear your aligners 20–22 hours a day. Take them out only to eat and to clean your teeth.
- Change to the next set on the schedule Dr. Donald gives you — usually about every two weeks.
- New trays often feel tight or achy for a day or two; that is the tooth movement working, and it eases.

Eating & drinking

- Remove aligners to eat and to drink anything other than plain water — hot drinks warp them and colored or sugary drinks get trapped against your teeth.
- Brush before putting them back in; sealing sugar or food against enamel for hours invites decay.

Caring for the trays

- Rinse and gently brush the trays with cool water (hot water distorts them). Store them in their case, never in a napkin where they get thrown away.
- Keep your previous set until the new one is confirmed fitting well.

If attachments were placed

- Small tooth-colored 'buttons' may be bonded to help the trays grip; care for them normally, and call us if one comes off.