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Allred Dental Clear Aligners Care Instructions

- Snap the aligners onto your teeth and wear them for at least 22 hours every day.
- It is normal for fresh aligners to fit tightly and apply pressure to your teeth. This pressure should lessen as you wear each step.
- Contact our office if you experience any fitting issues.
- Remove the aligners to eat. Brush and floss after every meal to prevent food and drinks from getting trapped under the aligner.
- You may speak with a slight lisp while your tongue adjusts to the aligners—this usually goes away within a few days.
- You may experience dry mouth. Drink plenty of water.
- Store aligners in the provided case.
- Advance to the next step when directed by Dr. Allred.
- Bring your previous set of aligners with you to checkups.
- Clean aligners with a toothbrush, Dish Soap and cool water. **Do not use toothpaste – it can scratch the aligners and make them more porous.**
- Keep aligners away from hot, sweet, or colored liquids.
- Keep aligners away from pets.
- Store aligners in a cool area. Do not leave in hot vehicles.