

Clear Aligner Guide

DAVIS
ORTHODONTICS



Best Practices with Aligners

Great results depend on great habits! Your aligners only work when they're in your mouth. The more consistent you are, the smoother your treatment will be.

BEST PRACTICES WITH ALIGNERS

- **Wear your aligners 21-22 hours a day** for best results. Take them out only to eat, drink (anything besides water), and brush or floss your teeth. Always wear them to sleep to make it easy to stay on track.
- **Keep your aligners in their case** whenever they're not in your mouth. (Trust us, pockets and napkins are a recipe for lost aligners!)
- **Switch on schedule**, typically every 7 days, unless instructed otherwise. If you had a rough compliance week, add a couple of extra days before switching.
- **Expect a short adjustment period** with extra saliva and slight speech changes. Don't worry! These usually resolve in a few days.

Caring for Your Aligners

CLEANING YOUR ALIGNERS

- **Rinse aligners with cool water** every time you remove them.
- **Brush them gently with a toothbrush** and water (you can use a small dab of toothpaste if needed).
- **Do not soak aligners in mouthwash or denture cleaner** as this can stain or damage them.
- **Avoid hot water**, which can warp the plastic.

ALIGNER COMFORT

- **Cut or file sharp edges** using the file in your take-home bag or small scissors if needed.
- **If an aligner doesn't feel like it's fitting** all the way down, use your chewies or gently press it into place with your fingers.
- **If it still won't seat** after a day or two, give us a call.

Aligner FAQs

Will my treatment be done after the first set of aligners?

Not always. Many patients need a second “refinement” batch after the first is finished. This is normal and helps us fine-tune your smile.

What if I forget to wear my aligners for a few days?

Don't panic! Just wear your current aligner a couple extra days before switching. If the next one doesn't fit well, give it even more time.

What's the easiest way to remove my aligners?

Start from the very back on the tongue side or palate side, or use your aligner removal tool.

Can I eat or drink with aligners in?

Water is ok, but for coffee, tea, soda, or meals, remove them to avoid staining or damage.

Aligner FAQs

When is it ok to remove my aligners?

Other than brushing your teeth and eating or drinking, it's ok to remove your aligners if you have something special going on. Just put them back in ASAP. This is the key to great treatment!

Will my speech change?

Some patients notice a slight lisp at first, but it usually goes away in 1–2 days as your tongue adjusts. Talking more helps you get used to it.

Why do I have extra saliva?

Your mouth produces more saliva whenever something new is placed inside. This is totally normal and usually calms down in 2–3 days.

Where should I keep my aligners when I'm not wearing them?

In your case! Napkins, pockets, or tabletops are the easiest ways to lose or damage them.

NEED MORE HELP?

We're just a call or text away at
(864) 801-3500.

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