

**Essex County Orthodontics  
Dr. James M. Holland  
Ji Hyun Caroline Tahk  
Clear Aligner Instructions**

- Wear 22 hours per day
- Change aligner weekly or bi-weekly as instructed
- Rinse aligners before initial wear
- Brush aligners with liquid soap & water daily, and rinse multiple times per day (can also be cleaned with hydrogen peroxide)
- Keep teeth clean
- Do not eat with aligners in
- Avoid smoking while wearing aligners
- Smooth any rough aligner edges with an emery board
- Keep away from animals
- Always keep aligners in a case when not wearing
- If there are any problems, please call the office
- If aligners are lost or broken, please call the office
- KEEP all aligners-even after being worn
- Bite down on “chewies” each time when inserted

Patient's Name:

Patient's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

