

Clear Aligner Care Card

Print it and keep it by the bathroom mirror or in your aligner case.

Every day

- Wear your aligners for as long as your orthodontist advises; in most treatments 20–22 hours a day is recommended.
- Drink only plain water while wearing aligners.
- Take the aligners out before eating or drinking anything other than water, brush your teeth, then put them back in.
- Always put aligners in their case when out; never wrap them in a napkin.

Cleaning

- Clean aligners gently morning and evening with a soft brush and lukewarm or cold water.
- Do not use hot or boiling water or abrasive toothpaste; the aligner may lose its shape.
- Wash and dry the case regularly.

Changing aligners

- Move to the next aligner on the day your orthodontist sets; do not skip ahead yourself.
- A feeling of pressure in the first days of a new aligner is common and usually temporary.
- Keep your previous aligner in its case unless told otherwise.

Take care

- Do not leave aligners somewhere hot (car, radiator).
- Keep them away from pets.
- Contact the clinic if an attachment comes off or an aligner does not fit.

Contact the clinic: If an aligner breaks, is lost, does not fit, causes a sore, or an attachment comes off, call +90 312 911 60 36 or send a photo via WhatsApp.

This document is for general information; always follow your orthodontist's personal instructions. In a medical emergency in Türkiye, call 112.