



GANGNAM GENTLE  
DENTAL CLINIC

# Precautions for Clear Aligners



**Wearing  
Your Aligners**

- Clear aligners are **removable**, and your cooperation is the most important part of treatment.
- Wear them for at least **20 hours per day**, removing them only for eating and brushing your teeth.
- If aligners are not worn consistently, your treatment may be delayed and future aligners may not fit properly.

## How to Put On & Remove Aligners



**To remove:** Use your thumb and index finger to gently push the aligner up or down from the gumline at the molars, then carefully lift it away.



**To wear:** Use your thumbs to seat the aligner over your front teeth first, then gently press over the molars. Do not bite down until the aligner is fully attached, as this may cause cracks or damage.

Website: [www.gangnamgentledental.com](http://www.gangnamgentledental.com)

E-mail: [contact@gangnamgentledental.com](mailto:contact@gangnamgentledental.com)

WhatsApp: 821050507095





GANGNAM GENTLE  
DENTAL CLINIC

# Precautions for Clear Aligners



## Eating & Drinking

- Do **not** eat or drink hot beverages while wearing aligners, as heat can break or deform the plastic.
- Always **remove your aligners before eating**. Eating with them in place may damage or deform them.
- When not wearing your aligners, keep them in their **protective case** to prevent loss or damage.



## Cleaning Instructions

- Do not use hot or boiling water—this may cause the aligner to warp.
- Clean with **cold water** and mild dish soap or a **denture cleaning solution**.
- Avoid using toothpaste, as it may scratch or wear down the aligner.



## If Aligners Are Damaged or Lost

- Contact the clinic **as soon as possible** if your aligners are damaged or misplaced.
- Going without aligners for extended periods can cause your teeth to shift, delaying or reversing progress.



For a smooth orthodontic treatment the patient's cooperation and being on schedule is mandatory. Please contact the clinic if re-scheduling is required.

Website: [www.gangnamgentledental.com](http://www.gangnamgentledental.com)

E-mail: [contact@gangnamgentledental.com](mailto:contact@gangnamgentledental.com)

WhatsApp: 821050507095

