



Dr. Niyati's Clear instructions for Clear Aligners



Insert your aligner by fitting the **FRONT TEETH FIRST** and then the back teeth.



Remove your aligner **FROM THE INSIDE**. Removing it from the outside may damage the attachments.



Wear aligners for **20–22 hours in a day**.



REMOVE them while **BRUSHING AND EATING**. Rinse with water before putting the aligners back on.



Each aligner needs to be worn for **10 days**. If wear time is insufficient, increase to 11–12 days.



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Change your next aligner in the **evening** hours to prevent tightness during the day.

DO NOT DISCARD

Always **preserve all aligners** in their respective packets.



If you **eat something** with the aligner on, **clean it** thoroughly afterward.



Clean aligners by soaking in **clear mouthwash** for 2–3 minutes, then brush gently. Do not use toothpaste.



Always keep aligners in the **aligner case** when not in use. No tissue paper.



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USE CHEWIES every time you wear the aligner.



DO NOT BITE on the aligner until it is properly seated. It can deform.



Note your food timings to calculate daily aligner wear duration.



If there is any issue in the fit of the Aligners, **go back** to the previous one.



FLOSS once daily to maintain friction-free tooth movement.