

SimplyClear[®]

Patient Guide



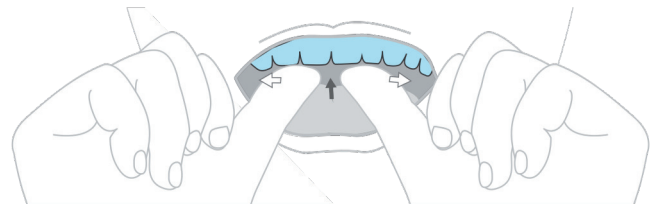
Wear Time:

- > Wear aligners 22 hours per day unless directed otherwise.
- > Wear each aligner for 7 days and then switch to the next aligner in the sequence.
- > Remove only for eating, drinking anything except water, brushing, and flossing.



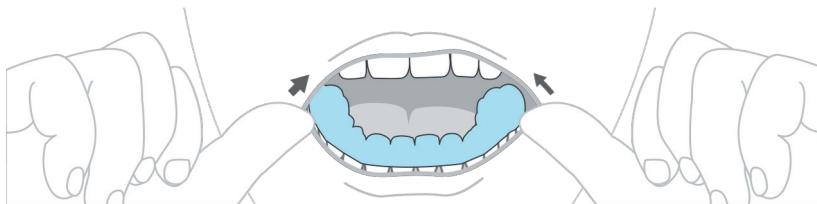
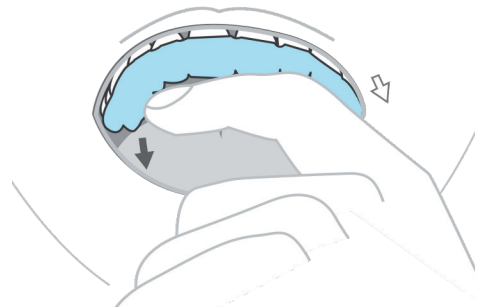
Inserting Your Aligners:

- > Place aligners over teeth and press down with your fingertips along the molars.
- > Do not bite them into place.
- > Make sure the aligner is fully seated before wearing.



Removing Your Aligners:

- > Start at the back molars and gently lift with your fingertips.
- > Do not use tools, napkins, or bite pressure to remove.
- > Work around both sides until the aligner lifts off.



Note:



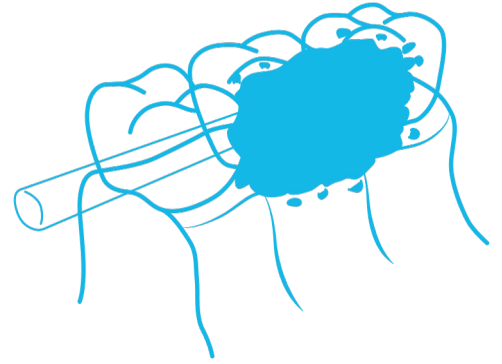
"U" refers to the upper jaw.
"U1" means the first aligner in the treatment for the upper jaw.



"L" refers to the lower jaw.
"L1" means the first aligner in the treatment for the lower jaw.

Cleaning and Care:

- > Rinse aligners with cool water.
- > Clean gently with a soft toothbrush and mild soap.
- > Do not use hot water, toothpaste, or alcohol-based mouthwash.
- > Store aligners in the case any time they are not in your mouth.



Oral Hygiene:

- > Brush and floss after every meal before putting aligners back in.
- > Keep your regular professional cleanings.

What to Expect:

- > Mild tightness or pressure for the first 1-3 days of a new aligner is normal.
- > You may notice slight speech changes at first; this improves quickly.

When to Call Your Doctor:

- > Lost, cracked, or broken aligner
- > Sharp edges causing irritation
- > Poor fit that does not improve after 2-3 days of consistent wear
- > Any concerns about tooth or gum discomfort



Office Visits:

- > Bring your previous 3 aligners to each appointment.
- > Follow your doctor's visit schedule for progress checks.

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