



RECOMMENDATIONS: SMILE ALIGNERS OVERLAY TREATMENT

SmileAligners consist of sets of Soft, Medium, and Hard aligners.

Treatment with the SmileAligners system requires consistency and patient cooperation. To achieve the best results, please follow the recommendations below:

1. Wearing time

Aligners should be worn for at least 20–22 hours a day.

Remove them only for:

eating,
drinking (except water),
brushing your teeth and aligners.

Wear Soft and Medium aligners for 7 days, and Hard aligners for 14 days. If the Hard aligner is difficult to fit, wear the Medium aligner for an additional 2–3 days.

2. Inserting and removing

Put the aligners on with clean hands.

After inserting them, press them firmly with your fingers (do not bite them).

Remove them starting with the molars, gently prying the aligner off.

3. Oral hygiene

Brush your teeth after every meal before reinserting the aligners. Wearing aligners on unwashed teeth increases the risk of tooth decay and gingivitis.

4. Aligner Hygiene

Aligners should be cleaned twice daily with a soft brush and lukewarm water.

You can use special orthodontic cleaning tablets.

Do not use:

hot water (may deform the aligner),
whitening toothpastes,
or alcohol-containing products.

5. Eating and Drinking

Aligners should be removed before every meal.

Only water can be drunk while wearing aligners.

Drinking coffee, tea, juice, or carbonated drinks while wearing aligners will discolor them and increase the risk of tooth decay.

6. Discomfort and Adaptation

In the first few days after changing aligners, you may experience:

a feeling of pressure,
tooth sensitivity,
slight difficulty speaking.

These symptoms are normal and usually subside after 2–3 days.

7. Lost or Damaged Aligners

If an aligner is lost or broken, you should:

put on the previous aligner,

contact the office to discuss further steps.

Do not switch to a new aligner without consulting your dentist.

8. Follow-up Appointments

Follow-up appointments are scheduled according to the schedule established by your dentist.

You should bring your current aligner and any new aligners with you.

9. Attachments

If attachments (small composite elements on your teeth) were placed during treatment, you should:

maintain their hygiene,

report to the office if they become detached.

10. Post-Treatment Retention

After treatment, it is necessary to wear retainers as directed by your dentist to maintain the results.