

Things to Consider After Orthodontic Treatment

After orthodontic treatment, unless otherwise instructed by your dentist, you must wear the clear aligners provided to you every night while sleeping.

After waking up in the morning, keep your clear aligners in the case provided to you to avoid losing them.

You may clean your clear aligners at least once a day under cold running tap water using liquid soap and a toothbrush that has not previously come into contact with toothpaste. Do not use toothpaste or cleaning tablets to clean your clear aligners.

Since clear aligners are fragile, be careful not to apply excessive force when inserting or removing them. When placing your aligners in your mouth, do not bring your teeth into contact before making sure that they are fully seated with your fingers.

Do not eat or consume hot beverages while wearing your clear aligners.

To prevent plaque accumulation around the fixed retainers placed on the back surfaces of your teeth, brush your teeth at least twice a day, including the back surfaces.

Since fixed retainers are bonded to your teeth with adhesive, please avoid consuming hard foods. Foods such as hazelnuts, nuts, and toasted bread should not be consumed, and acidic beverages should be consumed with a straw whenever possible. Eat fruits and vegetables such as apples, pears, and carrots by slicing them rather than biting into them.

Especially in patients whose growth and development are still continuing, it is recommended that fixed retainers remain in the mouth for 4 years, provided that no problems are observed in the teeth or gums.

If the clear aligners do not fit properly in the mouth, break, or are lost, or if the retainers placed on the back surfaces of the teeth are damaged, contact your dentist without delay. Do not throw away any broken or detached parts.

It should be remembered that appliance damage or loss caused by the user may cause the teeth to relapse toward their pre-treatment position, and that additional costs may arise if the appliances need to be repaired or replaced.

Unless otherwise instructed by your dentist, do not neglect to attend a check-up every 6 months. If you experience any problem with your retainers or aligners, contact your dentist without waiting for the 6-month period to end. Before coming for check-ups, be sure to contact the clinic and schedule an appointment. Please make sure to bring your clear aligners with you when coming to your appointments.