

4D Aligner Wear & Care Guide

A concise guide to ensure the optimal performance and care of your 4D Aligners.

1. Wear Time & Schedule

- Wear aligners 20-22 hours daily, removing only for eating, brushing, or flossing.
- Follow Dr. Y's tray change schedule (typically every 7-10 days).

2. Inserting & Removing Aligners

- Identify 'U' (upper) vs 'L' (lower) before inserting.
- Snap aligners into place starting from front teeth, then back. Use chewies for proper fit.
- To remove, lift from the back molars first using fingers or a removal tool.

3. Cleaning & Maintenance

- Rinse and brush aligners with a soft toothbrush.
- Soak daily in hot water (60-100 C) for 1-2 hours; overnight soaking restores shape.
- Avoid paper towels or napkins for storage; use the provided aligner case.

4. Eating & Drinking

- Remove aligners when eating or drinking anything except water.
- Avoid hot, colored, or sugary drinks while wearing aligners.
- Brush or rinse teeth before reinserting.

5. Oral Hygiene

- Brush and floss regularly to avoid plaque buildup.
- Maintain routine dental check-ups every 4-6 months with your pediatric or general dentist.

6. Troubleshooting

- If an aligner is lost or damaged, use the previous or next tray and contact our office.
- If experiencing excessive discomfort or poor fit, contact our office.

Summary Table	
Task	Recommendation
Wear Time	20–22 hours/day
Change Frequency	Typically, every 7–10 days
Cleaning	Daily hot-water soak + rinse
Handling	Snap gently, avoid damage, store properly
Hygiene	Brush/floss before insertion
Troubleshooting	Revert trays or consult doctor