

2CLEAR™ Aligners Directions for Use

Before using each new aligner stage, open bag and rinse each aligner well with mild soap and cold water or toothpaste and cold water before putting into mouth.

Snap the aligners onto your teeth, making sure to put the upper arch aligner on your upper teeth, and lower arch aligner on your lower teeth.

To remove your aligners, use your fingers to grasp the aligner edge and gently pull away from your teeth. If you feel resistance, it may be necessary to repeat the previous step in several locations. Do not bend, twist, or use excessive force when removing aligners or they may distort or be damaged. Do not use sharp objects to remove your aligners.



Wear aligners for at least 22 hours every day during treatment.

It is normal for new aligners to fit tightly and apply pressure to your teeth. This pressure should lessen the longer you wear each step.

Contact your doctor if you experience any issues with fit of the aligners or severe pain.

Remove the aligners before eating and drinking. You don't have to remove aligners to drink cold/room temperature water. Do not chew gum while wearing your aligners.

After removing your aligners, make sure to clean them with a toothbrush and cool water.

Brush and floss-after every meal to prevent food and drink from getting trapped under the aligners. Do not use denture cleaners, do not soak aligners in mouthwash as these products can damage the surface of the aligners.

While wearing your aligners you may experience dry mouth. Drink plenty of water.

When directed by your doctor, advance to the next step.

Make sure to bring your previous set of aligners with you to any checkups.

If you lose an aligner, do not use another one and contact your doctor immediately for assistance.

Attachments may fall off and require replacement. If so, please contact your doctor immediately for assistance.

Dispose of used and completed aligners in household garbage. Aligners are for one-time use only and should not be re-used after advancing to the next stage.

When removed, store your aligners in the provided carrying case.

Store your upcoming aligners in their original packaging, in a cool, dry place.

If you suspect an adverse reaction, discontinue use immediately and consult your doctor. Your doctor, not 2C MedTech is responsible for managing your orthodontic treatment.