

INSTRUCTIONS

Wearing your aligners

- Each aligner should be worn for at least 20-22 hours per day. For the best possible outcome, your commitment to wear the aligners is required.
- We recommended that you insert your aligners for the first time over night.
- Upon inserting each aligner, gently push the aligner over your front teeth. Then, apply equal pressure, using your fingertips to push the aligners over the tops of your left and right molars.
- On wearing your aligners for the first time, you may experience some initial discomfort, such as pressure on your teeth, a slight gap between the aligner and teeth or inadequate adaption on your back teeth. The pressure that the aligners apply to your teeth varies from one set of aligners to the next.
- Occasionally increased salivation may be noticed and saliva may pool with the aligner, vapour from breath may cloud the clear appearance of the aligner and your teeth may feel tender. This will soon subside after few of days wear.
- If you ever experience sharp pain or significant discomfort when wearing your aligners, please contact your dental practitioner instantly.
- In case you do not wear your aligners for any reason during treatment period, your teeth may relapse or move back towards their original position.
- If your teeth need slicing or stripping (IPR) as part of the aligner treatment, we recommend you use toothpaste with extra fluoride as a daily dental care method at home.

Removing your aligners

- Use your fingertips to remove the aligners starting from the back teeth, one side then the other.
- Do not use any object to remove the aligners, other than recommended appliances.
- After removing your aligners, rinse them well, remove excess water and store them in your aligner box.

Care Instructions

- Clean your aligners every time before insertion and after removal.
- You may use a toothbrush to clean your aligners while brushing your teeth. Ask your dentist the correct procedure.
- Remove all excess toothpaste with water. Dry the aligners and store them in the provided aligner box.
- Remove your aligners when eating and drinking, except for water.
- Brush and floss your teeth after each meal and prior to inserting your aligners.

Do's

- Follow instructions of the dentist properly.
- Remove aligner before eating or drinking.
- Remove or wear aligner properly (as instructed).
- Rinse in cold water.
- Use very soft bristle brush to clean.
- Keep it in clean box.
- Rinse under cold water.
- Use aligner cleaning solution only.

Don'ts

- Do not use hard brush to clean - as it may cause scratch on the aligner.
- Do not use peroxide to clean.
- Do not eat sugary, stain causing food.
- Do not drink too hot.
- Try not to drink anything with aligner, as it may cause inevitable stink.

For more information visit: <https://orthodontic-solutions.in>