

Care instructions for Orthodontic Aligners

Congratulations on your decision to improve your smile. Each one of your Clear Aligners was specifically made especially for you.

Please carefully follow the suggestions in this guide to ensure successful treatment and to properly care for your Clear Aligner Orthodontic Appliance.

A. Wearing your Clear Aligner

1. We suggest you try to wear the Clear Aligner all the time except while eating, drinking hot drinks and brushing your teeth.
2. It will take about one to two weeks for you to completely get use to the appliance.
3. You may experience some difficulties with speech and/or might salivate more during this initial period.
4. During the course of treatment you will feel one or two teeth a bit tender or under pressure as they are moved to a new position.
5. The longer you wear the appliance per day, the faster your treatment time.

B. Cleaning your Aligner

It is important to keep the appliance clean and odour free. The best way to clean the appliance is to use an ultrasonic cleaner and any gentle cleaning solution. You may also use a retainer or denture cleaner and a soft tooth brush.

C. Important Tips

1. Store your Clear Aligner in the provided case when it is not in your mouth.
2. Clean the Aligner daily using a safe cleaner and method.
3. Wear the Aligner everyday as per instructions.
4. Always use your fingers to place the appliance in your mouth, never use your teeth to "bite" the appliance into place. Using your teeth will lead to distortion or breakage of your Clear Aligner.

D. Avoid the Following:

1. Never expose your Aligner to heat; heat will distort the appliance and it will not fit correctly.
2. Never boil it to clean or sterilise the Clear Aligner.

- 3.** Never leave the appliance in your car in the summer time.
- 4.** Never wrap it in a napkin, when you take the Aligner out to eat. You risk losing it or throwing it away, not realising that you left the Aligner in the napkin.
- 5.** If the appliance causes you discomfort of any sort contact us, do not try to modify or repair“ the appliance by yourself.