

Clear Aligners

Instruction Guide

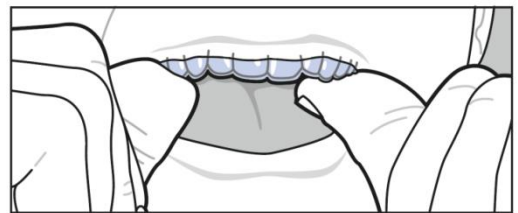


ABOUT THE ALIGNERS

Congratulations on beginning your orthodontic journey with clear aligners! Your aligners come in re-sealable bags, which are labelled with your name, client code and the aligner number.

Care needs to be taken when the aligners are taken in and out of your mouth.

- When inserting your aligner, gently push the aligner over your front teeth.
- Using your fingertips, apply the same amount of pressure to the back teeth until the aligner snaps into place. **Do not bite your aligner into place as this may break it.**
- Make sure to bite down on your chewy just after your aligner is inserted to ensure that your aligners are closely adapted to your teeth. This is essential to ensure that your teeth move properly and you achieve an excellent result.



HOW TO WEAR YOUR ALIGNERS

The aligners should be worn for a minimum of 22 hours a day and should only be removed to eat, drink and brush your teeth. Drinking cool water with your aligners in place is allowed.

If you are using the Dental Monitoring® app you will be prompted to scan your teeth every 7 days. The app will notify you when your teeth have moved enough to go on to the next aligner. If you are not using the app we will tell you when to change your aligners. Each new aligner will be a little tight for the first few days of wear. You may experience some discomfort as your teeth begin to straighten. Mild pain relieving medication can be used if needed.

If the edges of your aligners feel a little rough, you can gently polish them with a nail file.

HOW DO I TELL IF MY ALIGNER IS FITTING CORRECTLY?

Your aligner should click into place easily, with no air bubbles or spaces at the tips of your teeth. If you notice any spaces or gaps between your aligner and your teeth, please focus on these areas with your chewy.

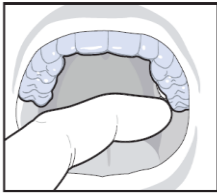


HOW TO USE THE CHEWIES

Chewies are necessary to ensure that your aligner fits snugly around your teeth and the desired tooth movement takes place.

- Place the chewy between your teeth
- Bite down on the chewy, hold it for 1-2 seconds and then release. Repeat in the same position before moving the chewy to another part of your mouth.
- You should use your chewies whenever you insert a new aligner or if you notice a space between your aligner and your teeth.

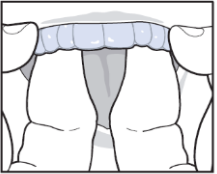
REMOVING YOUR ALIGNERS



1. On one side of your mouth, use your fingertip or the aligner hook on the inside of your back molar to slowly pull the aligner away from your molars.



2. Repeat this process on the other side of your mouth before trying to completely remove the aligner.



3. Once the aligner is away from the molars on both sides of your mouth, you should be able to slowly work your way forward gently prying the aligner away from your teeth with your fingertips.

LOOKING AFTER YOUR ALIGNERS

Remove your aligners to brush and floss your teeth. You can clean your aligners with your toothbrush, water and a small amount of toothpaste each morning and night.

Always keep your aligners in the case provided. **NEVER** wrap them in a tissue or put them in your pocket as there is a high chance you'll lose them!! Keep them out

If you have any problems or concerns, you can message us through the Dental Monitoring® app, or call the practice.

Remember, patient compliance is **vital** for the success of your clear aligner treatment. If you do not follow these guidelines, your treatment time may be extended and you won't achieve the desired outcome.

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