

A GUIDE TO THE CARE AND USE OF ALIGNERS

HOW DOES IT WORK?

Each set of aligners must be worn for one or two weeks, depending on the treatment plan developed by the orthodontist. After the doctor confirms that the expected results have been achieved with the previous pair of aligners, you can move on to the next set. Aligners are used to correct an improper bite and/or the incorrect position of the patient's teeth. Aligners allow for the correction of tooth position by applying light, constant pressure on them.

INSTRUCTIONS FOR USE

HOW TO USE AND WEAR ALIGNERS

To ensure the proper use of aligners, please follow the next instructions.

1. Wash your hands before handling the aligners.
2. Rinse the aligners immediately after removing them from their individual packaging.
3. Wear the aligners for 20-22 hours a day, according to your doctor's recommendations.
4. Always wear each aligner for 1 to 2 weeks, according to your doctor's recommendations.
5. Contact your doctor if the aligner does not fit for any reason.
6. Contact your doctor if you have lost or damaged your aligners.

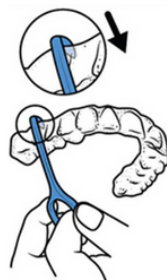
7. Do not discard the trays that you have previously worn and are no longer using.

HOW TO PROPERLY INSERT ALIGNERS

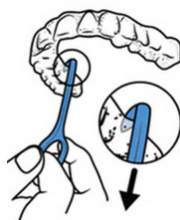
1. Each aligner is marked with a number and a code, U for the upper jaw and L for the lower jaw, to ensure you are wearing the correct aligner (e.g., U7). .
2. To place the aligner on your teeth, perform the following action: first, press the aligner against your teeth, then press the aligner to the end of your molars (left and right).
3. Do not bite down on the aligners, as this can cause damage to them.

Note: In case of severe pain or significant discomfort, stop the treatment and consult your dentist.

HOW TO REMOVE ALIGNERS



1. Take the hook and catch the inner edge of the aligner near one of the back teeth (molars). Gently pull the hook downwards (for the upper jaw) or upwards (for the lower jaw) so that the aligner gently detaches from the teeth.



2. Repeat this action on the other side of the jaw. Once the aligner is detached from the back teeth on both sides, you will be able to easily remove it from your front teeth with your fingers.

TIPS FOR REMOVING ALIGNERS:

Rinse the aligners with water every time after taking them out before placing them in storage to remove excess saliva.

Try not to remove the aligners unnecessarily and not to damage them.

Be careful not to use excessive force that could bend or twist the aligner, as this will deform it.

Do not use sharp objects to remove the aligners, as this could damage them or injure your gums or teeth.

If you find it very difficult to remove the aligners, consult your doctor.

USE AND CARE OF ALIGNERS

1. Before putting on the aligners, clean them with a soft toothbrush with water and a neutral soap. Regular toothpaste is also suitable for this purpose.
2. It is important to avoid using denture cleaning products. Do not soak the aligners in mouthwash, hot water, or a cleaning solution, as this can damage the surface of the aligners, making them less transparent.
3. It is very important to maintain oral hygiene to keep it clean. You can also store the aligners in the individual container provided by the company, or as instructed by your doctor.
4. In case of loss or damage to the aligners, your doctor may recommend that you temporarily use the aligners you were using previously.

DAILY ORAL HYGIENE

1. Remove the trays before every meal.
2. Wait 30 minutes before consuming any beverages, except for cold water.
3. Thoroughly clean your teeth with a toothbrush and floss after every meal. If you do not have a toothbrush, rinse your mouth and the aligners with water.
4. If you have any questions about hygiene, contact your doctor.
5. We recommend undergoing a professional hygiene check-up every six months to maintain the health of your teeth and gums.

WARNINGS DURING USE

- Keep aligners away from hot water and aggressive chemicals.
- Keep aligners in a place inaccessible to children and animals.
- Store the trays in a dry, cool place.
- If you have an implant, prosthesis, deep bite, a specific bite, and/or skeletal features of the lower jaw, you may need a certain type of treatment before starting orthodontic treatment with aligners.
- If aligners are used to achieve the desired result after orthodontic constructions (e.g., appliances, bracket systems, and other non-removable and/or removable orthodontic constructions).
- In cases of severe crowding or improper positioning of teeth, only surgical intervention in the oral cavity may be required. If there is space in the oral cavity, the doctor will assess the necessity and advisability of the operation and its results and risks associated with anesthesia and healing.

- There are situations where the fit of the aligners is not optimal, which can affect the desired results, causing crowns or bridges to lose their shape, be retained, or be absent.
- It should be noted that existing restorations, such as crowns or bridges, may shift and require restoration or even replacement.
- Short clinical crowns can create problems with the fixation of the appliance and hinder tooth movement.
- Aligners are not effective for moving dental implants.
- The use of certain medications or certain medical conditions can affect the treatment outcome.
- To facilitate the fixation of the aligners and/or the movement of teeth, attachments may be placed on one or more teeth during treatment.
- Please note that attachments can fall off, and in this case, they will need to be reinstalled.
- After the completion of the treatment, all attachments must be removed.
- It should be noted that during the course of treatment, temporary spaces may be created for the movement of teeth, and there may be risks associated with the interproximal space of the teeth.
- If the patient does not adhere to proper hygiene, does not clean their teeth properly (does not use dental floss or consumes food or drinks containing sugar while wearing aligners), this can cause cavities, periodontitis, permanent staining, or plaque on the teeth.
- During treatment, the patient's bite may change and cause temporary discomfort.
- To prevent excessive tooth wear, the affected areas and all teeth should be at least partially protected.
- A temporary increase in salivation or dry mouth may be observed.
- The use of aligners can worsen the condition of teeth that were previously traumatized or have undergone restoration. In rare cases, the duration of treatment for such teeth may be shortened. The teeth may require additional dental treatment. For example, root canal filling and/or additional restorations. In some rare cases, teeth may even be lost.
- The condition of the bones and gums that support the teeth may worsen.
- It is possible that during treatment, the length of the tooth roots may shorten, which threatens the longevity of the tooth.
- Problems with the temporomandibular joint can lead to joint pain, headaches, and/or hearing problems.
- Do not use aligners if you have periodontitis.

NOTE: If you have any questions after reading this instruction, please consult your doctor.

ALLERGY WARNING

- Do not use aligners if you have an allergy to plastic.
- Aligners can cause allergic reactions, such as irritation and swelling. In the event of an allergic reaction, you should stop using the aligners and immediately contact a doctor.

RISKS

- Make sure that your treating physician is aware of any ailments you have or have had, before and during the wearing of aligners. Also, be sure to inform your dentist about any medications you are taking.

WARNING

- If you do not wear the aligners for the required number of hours per day, do not follow the doctor's recommendations, miss appointments, or do not wear retainers to hold the teeth, this may affect the course of treatment and prevent the achievement of the desired results.
- Tooth sensitivity may occur after changing aligners to the next ones in the set.
- Gums, cheeks, and lips may become irritated or injured.
- After treatment, the teeth may return to their previous position. The constant use of retainers at the end of the treatment prevents this.
- Teeth that have been overlapping for a long time may lose their former tight interproximal contact after alignment, which can lead to the appearance of a "black triangle" space.
- The use of aligners can affect the speech organs and clarity of diction. These are temporary inconveniences that disappear within one to two weeks as you get used to wearing the aligners.

CONTRAINDICATIONS

- Aligners are contraindicated for use in patients with active periodontitis.
- Aligners are not effective for moving dental implants.



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