

## WELCOME TO CLEAR ALIGNERS

### Starting Out:

-  Wear your aligners for **22 hours** daily and change them as instructed by your orthodontist
-  Take Ibuprofen or Paracetamol as required
-  Remove aligners for eating, drinking and brushing. Only water may be consumed when aligners are being worn
-  Aligners are either in your mouth or in the case
-  Use "chewies" twice daily to seat aligners correctly



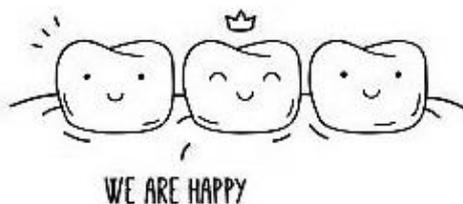
**PLEASE KEEP ALL OF YOUR ALIGNERS!**  
**Do not throw them away!**

### Cleaning:

-  Remove aligners and clean twice a day under **COLD** water with your toothbrush.
-  Ensure you continue to brush and floss your teeth as normal.
-  Rinse mouth with water before placing your aligners back in your mouth if you are unable to use a toothbrush
-  Always clean your teeth prior to wearing aligners.

### CLEAN aligners on CLEAN teeth

It is extremely important to keep teeth clean. Failure to do so will result in gum inflammation and permanent damage to the enamel of the teeth by decay.



### Tips with aligners:

-  Your speech may be affected during the initial stage of your treatment. Practice reading out loud to get used to them.
-  Never wrap them in tissue, leave them on dinner plates or have them on your lap at the movies. You will not ever see them again!
-  Keep your aligners out of reach from pets while they are not in your mouth.
-  If you notice a rough edge on your aligner, an emery board can help smooth the surface
-  While travelling, keep your aligners and case in your carry-on luggage

## Appointments:

- Our appointments are Monday to Friday and both Orthodontists alternate times and days each week.
- We usually see patients every 6-8 weeks after getting your first set of aligners.
- Keep your appointments as scheduled, or make alternative arrangements as soon as possible.

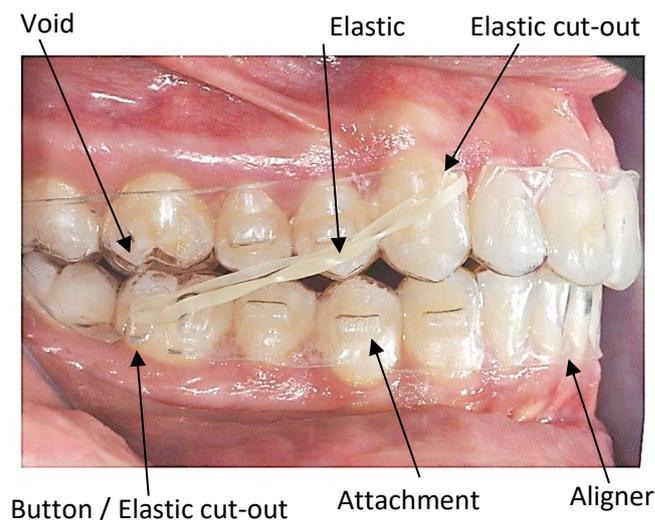
**Failure to keep your appointments will prolong your treatment time**

## Breakages:

- Be aware breakages can add to your treatment time
- Broken attachments or buttons are not an emergency but please contact the clinic to inform us so we can repair this at the next visit.
- Damaged aligners or voids with the aligner are not emergencies, but please call the clinic as soon as possible. We will instruct you on what to do.

## Components of Clear Aligners

This diagram shows the different components of clear aligners. Please refer to this diagram so you can accurately describe the problem when you contact the clinic.



**Aligner:** removable appliance that is seated over the teeth to assist in movement

**Attachments:** Small tooth coloured bumps on teeth to assist in movement

**Buttons:** Small metal rounded button bonded to your tooth to hook your elastics on

**Elastics:** Rubber bands to help correct the bite

**Elastic Cut-Outs:** Small cuts in the aligners to hook your elastics on

**Void:** a small gap between your aligner and tooth

## Any Questions?

If any problems occur or you have an enquiry, please don't hesitate to call us.

**Remember to visit your**

**Dentist regularly even while in treatment!**