



## **INSTRUCTIONS FOR CLEAR ALIGNERS**

### **INSERTING ALIGNER**

When fitting your ALIGNER, always make sure that you look into a mirror so that you can correctly position it. Once your ALIGNER is in the correct position, simply use your fingers to push against the plastic and it will click into place.

Initially the ALIGNER may temporarily affect your speech. Patient's generally adapt quickly to wearing aligners and it is rare that speech is impaired for an extended period of time.

### **REMOVING ALIGNER**

When removing your ALIGNER, always use your index fingers to pull downwards towards the back teeth located. This will help prevent damage to the delicate appliance.

### **CLEANING ALIGNER**

Cleaning of the teeth to a high standard is necessary for wearing any type of Orthodontic appliance. Teeth must be cleaned in the morning, night and after any food, failure to do this will result in gum disease and decay.

Your URA should be cleaned every day with a soft toothbrush and warm running water (not hot water). The best time to clean your ALIGNER is usually when you brush your teeth, as you will be near a sink and the plate needs to be removed anyway.

Plate cleaning tablets such as Polident may also be used occasionally, if the ALIGNER develops an odour over time.

### **WEARING ALIGNER**

Unless otherwise instructed, your plate should be worn 24 hours a day, 7 days a week. This means that you only take your ALIGNER out for eating and cleaning. Note: not wearing your ALIGNER will result in a poor fit, which can be uncomfortable and will prevent you from achieving the best result.

Although extremely uncommon, you may suffer allergy from the aligner material, if this is the case please contact the practice.

It is possible to swallow or aspirate the aligner, please be careful during insertion and removal. Avoid swimming and when consuming alcohol.



Aligners must be worn in the intended sequence, otherwise complications can arise. Very rarely it can cause jaw joint issues and headaches.

### ORTHODONTIC VISITS

Regular visits are necessary, if for any reason and appointment is missed or cancelled, please contact the surgery to arrange another appointment straight away. Slight discomfort, pushing or pressure on the teeth may be felt for the first few days this should subside, if not please contact the office. Cheeks and Gums may also get some rubbing that may cause ulcers, this can be helped by using Orthodontic wax.

It may be necessary to temporarily affix engagers (small bumps of composite material) to your teeth to assist with difficult tooth movements. When you are not wearing your aligner, these engagers can feel awkward in the mouth.

### HYGIENE VISITS

Regular hygiene visits are required to avoid gum inflammation and preventative maintenance to avoid adverse effects happening. This could result in Periodontal disease and concurrent bone loss.

### CARE OF ALIGNER

- \* Toothbrush - carry with you at all times to clean your ALIGNER and brush your teeth after eating.
- \* Plastic Case - keep your ALIGNER in the plastic case provided, when it's not in your mouth or being cleaned to avoid loss or breakage.

### BREAKAGE OR LOSS OF ALIGNER

If an appliance is lost or broken please contact the clinic as soon as possible, a fee will be charged for replacement of appliance.



**NORTHSHORE**  
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