

Autograph

DENTAL CAMBRIDGE

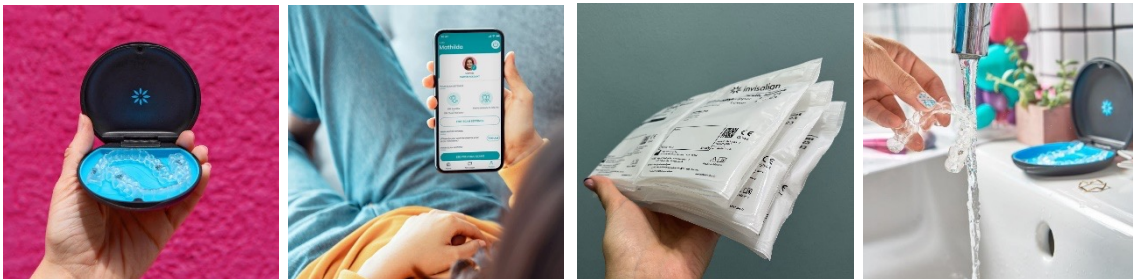
ALIGNER ADVICE



PATIENT INFORMATION LEAFLET

ALIGNER ADVICE

- Wear your aligners for 20-22 hours a day
- Make sure no edges of the aligner become folded over when placing it. The aligners must be fully seated with no air gaps when in place.
- Use a chewies every time you put your aligners in to ensure you get the very best out of each aligner
- Remove your aligners to eat, brush your teeth and drink anything other than cold water
- Use the aligner box to store your current aligners when you remove them to eat or drink. Do not wrap the aligners in tissue as they may be thrown away accidentally.
- If any sharp edges develop, use an emery board to smooth them or contact the practice.
- To keep your aligners clean rinse them with cold water and gently brush with a toothbrush (we recommend you to have a separate toothbrush for aligners, the one that has not been used with a toothpaste). Additionally, you could use Retainer Brite cleaning tablets every few days or use your whitefoam
- Do not use warm or hot water to clean your aligners. This can cause them to distort in shape
- Wear your aligners for XX days. Dental Monitoring will then prompt you to do a scan. Once you have scanned you should receive a response from DM within 12-24 hours. If you receive a GO you can progress onto your next aligner. If you receive a NO-GO then follow the advice given by DM and continue wearing the same aligner until DM prompts you to scan again a few days later (unless given a different advice by your orthodontist).



Each bag an aligners are labelled with a number. It is important to keep the bag for each set of aligners. When you move onto the next aligner, clean the previous set of aligners well, allow to dry and place them back in the relevant bag. This is required in case there comes a time when you need to go back to one of the previous aligners (this would be advised by your orthodontist). Should you require a replacement of aligner, the fee of £25 per single arch will be applied.

Should you lose or break the set of aligners you are wearing, move onto the next set of aligners. New set of aligners may feel tight but they will fit better with time. If you are unable to move to the next set, then take the previous set that you kept, wear those – please also contact the practice for further advice. If you are required to attend the practice, please bring your aligners with you.

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Tips for Removing Aligners

Make sure your mouth is warm

Trying to remove aligners after a very cold drink can make the task more difficult as the plastic feels less flexible. It also helps if your fingers and the inside of your mouth are drier.



Start at the back

Lift the aligners off the molars first and then gradually move towards the front. Once you have attachments, the aligner may be harder to remove. Start by lifting off the easier areas first, and in the tighter areas hook your fingernails under the edge of the aligner and lift it up and over the attachment.

Use an aligner removing hook

Designed specifically for removing aligners they hook under the edge of the aligner and lift it away from the tooth. They are especially helpful once attachments are fitted.

Give it time

Removing aligners does get easier with time. If you try to remove your new aligners very soon after they are inserted for the first time it will be quite difficult. Waiting even an additional hour could make it much easier. By stopping, relaxing and waiting a while, it can make your aligners much easier to remove.

Change aligners in the evening

Inserting your new aligners at night time has two benefits:

- It means that you get to sleep through the stage when they feel tightest and most uncomfortable.
- By morning your teeth will already have shifted and the aligners will therefore be easier to remove.

Speak to your Orthodontist or a Team member

If you have any concerns at all just give us a call, our team will help you as much as possible.

Relax

Taking a deep breath and trying to relax, even giving up and taking ten minutes before starting again can be the difference between success and *failure*.



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