

Using your ortho-align-rs

Always follow your dental practitioner's instructions carefully as it is vital for the successful treatment of your teeth. Below are a few important but basic rules.

1. Gently fit and remove aligners.

To fit: Gently place on front teeth first, then gently push over back teeth.

To remove: Place fingernails on both sides of aligner, then gently remove aligner.

2. Always wear your aligners except when.

- Eating
- Playing sport
- Drinking hot or fizzy drinks
- Cleaning your teeth

If you fail to wear your aligners full-time your treatment will have delays and possibly fail.

Too much repeated removal can damage or stretch your aligners so they become much less effective.

3. Don't change your aligners too quickly.

Each aligner should be worn for approximately 2 weeks. If you change your aligners too quickly, your teeth can become traumatised.

4. Clean your aligners regularly.

This is best done by gently cleaning with your toothbrush when you clean your teeth. Rinse only with cold water.

5. Store your aligners in their container.

This will help keep them safe from loss or damage. It is also important to keep the aligners in case of treatment relapse or aligner loss.

6. What to do if I lose or break an aligner.

It is best to enquire with your dental practitioner. They may instruct you to either return to your previous aligner or continue to your next aligner. If required, they may construct you a replacement.

7. At completion a retainer must be worn full-time.

It takes a long time for the bone to reform around your teeth. To avoid relapse, you will need to wear a retainer full-time for many months. Following this, part-time wear will be required until your teeth have stabilised. This time will vary dependant on your age and health of your teeth. Over your retention phase, you will need replacement or wire retainers made. Your practioner will advise the best solution for you.