

## speech

In the first few days your speech may be altered and you may produce extra saliva. This will reduce with time and practice, reading out loud for 5 to 10 minutes a day will help you get your speech back to normal again.

A good idea would be to read this pamphlet out loud to yourself.

## cleaning

Your aligner 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 aligner needs to be removed anyway.

As you will be wearing your aligner full time, rinse your aligner under running water in-between brushing after meals.

Make sure you always use cold or luke warm water to clean your aligner. Hot water will distort it.



## what you get today

Toothbrush - for home or to keep in your car/bag ready for your appointments.

Aligner chewies - to help seat your aligners correctly onto your teeth.

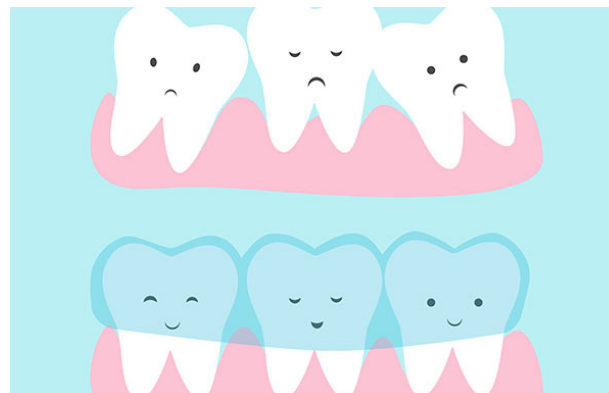
Case - to store your aligners.

## important

Please remember that not wearing your aligner will mean your teeth will not move according to your treatment plan.

If an aligner is misplaced and needs to be re-made, a charge will be incurred. There is a separate charge if the model of your teeth also needs to be remade. We suggest you keep the models of your teeth safe at home.

It is your responsibility to care for your teeth models at home. Any replacements will incur a fee, so please take good care.



## instructions for clear aligners



maroubra  
822 anzac parade maroubra nsw 2035  
t 02 9344 7081

kincumber  
84 avoca drive kincumber nsw 2251  
t 02 4369 2209

info@theorthopractice.com.au  
www.theorthopractice.com.au

## what do clear aligners do?

Clear aligners move your teeth into a more desirable position. Each aligner is slightly different to the next, meaning that each aligner is progressive towards your finished result.

## wearing your aligners

When wearing your aligner, it should fit like a glove over your teeth.

You should change your aligners as per our instructions. Do not change sooner than instructed or your teeth will become very sensitive and your aligners will not work as well as they should.

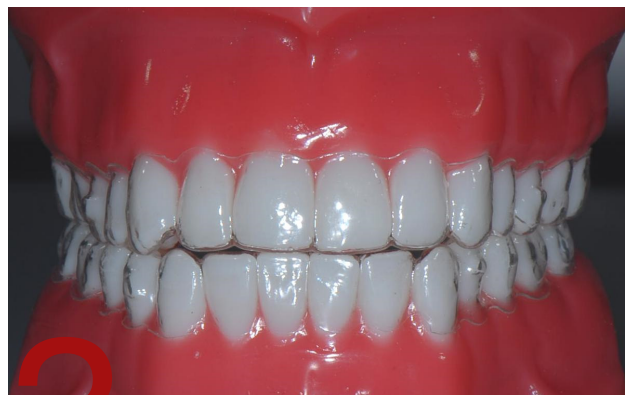


Begin by looking in the mirror and positioning the aligner so that your teeth are correctly lined up with the shape of the aligner.



Push up with your thumbs for the top. Push down with your fingers to place the lower one. They may make a clicking noise to signify they are in place

Note: do not bite the SureSmile® aligner into place, this will weaken it and it will break.



The aligner should feel tight at first and will then settle.

## fitting

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

## removal

When removing your aligner, always use your index fingernails to pull downwards on the back of the aligner. To remove the lower, use your thumbs and push up. Ensure that you always remove from the back of the aligner, this will make your aligner last longer. If you remove from the front you run the risk of putting too much pressure on the aligner and your teeth.

## wear

You will wear your aligner/s full time (22 hours a day). This means that you leave your aligner in place for sleeping and talking. The only times you may remove your aligner is when you are cleaning your teeth, playing a contact sport, eating, swimming or drinking anything but water. Do not remove it to drink water.