



INSTRUCTIONS FOR ODS ALIGNERS

ALIGNERS INSERTION & REMOVAL

- Each aligner should be worn for at least 20-22 hours per day. For the best possible outcome, patient's commitment to wearing the aligners is required.
- Check the fit of the aligners.
- Path of insertion: seat front first & then at the back teeth.
- Always check the midline (centre) while insertion.
- Path of removal: Always remove from the back first & then the front. While removal remember to use both sides (left & right).
- Remember to insert & remove bilaterally always.
- Use chewie left to right to seat the aligner.
- Remove aligner while eating & consuming hot beverages.
- Do not use any object to remove the aligners, other than recommended appliances.
- After removing your aligners, rinse them well, remove excess water and store them in your aligner box.

CARE INSTRUCTIONS

- Clean your aligners every time before insertion and after removal.
- You may use an extra soft toothbrush to clean your aligners while brushing your teeth. Ask your dentist the correct procedure.
- Remove all excess toothpaste with water. Dry the aligners and store them in the provided aligner box.
- Remove your aligners when eating and drinking, except for water. Brush and floss your teeth after each meal and prior to inserting your aligners.