



## During an orthodontic treatment by invisible aligners

Congratulations!

You have an eye for detail and have decided to discretely align your teeth. Here are some tips in order to achieve a perfect result:



-  **Wear the aligners 18 - 22 hours a day** minimum. Only remove them to wash your teeth, eat and drink.
-  During the treatment, your oral hygiene is very important. **Thoroughly clean your teeth and gums** before each use of the aligners.
-  **Flossing is now mandatory.** Tartar that forms more quickly in the presence of aligners is likely to block the movement of the teeth.
-  Never use hot water, toothpaste or other products for cleaning the aligners. **Rinse them under cold water** and clean them with a soft-bristle brush.
-  **Be sure to follow the correct order.** At each step, wear the **S** (soft) aligner first, then the **R** (normal) aligner and the **I** (dense) aligner to finish. Unless otherwise specified, each aligner is worn for 7 days. The last can be worn for 2 weeks.
-  While you are wearing the trays, you must not eat anything. **You can drink, but only drink water.** Eating sweet or acidic foods while you wear the aligners can cause cavities, gum disease and tooth staining.
-  Keep the trays out of reach of children or pets. **Store them in the provided box** in a cool and dry environment.