

*Real*Aligner

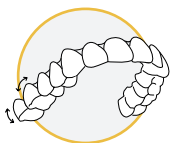
**RECOMMENDATIONS
FOR USE AND
MAINTENANCE**



WHAT ARE ALIGNERS?

RealAligner is an aligner system specially designed to gradually correct your bite.

A series of plastic correctors will be used to gradually shift your teeth into the desired position, according to the personalised treatment plan mapped out by your dentist and *RealAligner* specialists based on earlier orthodontic scans.



Each aligner gradually shifts your teeth, moving them horizontally, vertically and even rotating them when needed.

Every time you change to a new treatment stage (generally every two weeks), you will notice how your teeth gradually move into position, according to your personalised treatment plan.



ALIGNER USE

RealAligner aligners should be worn for at least 22 hours a day and should only be removed to eat.



Your dentist will tell you when to change to the next aligner. This is normally every 15 days.



FIRST USE

This product has been cleaned but has not been sterilised or disinfected. Therefore, the following cleaning instructions should be followed before use:

- Wash your hands thoroughly with soap and water before handling the aligners.
- After removing the aligners from their bag, and before placing them in your mouth, rinse and clean using soap and water.



- After removing them and after each use, it is important to clean them thoroughly and carefully, including the edges of the aligner and all surfaces (inside and outside). Pay special attention to the palatal area and incisal edge, which present the greatest biofilm formation.
- Aligners should always be rinsed and dried before being stored in their protective case.



EATING DURING TREATMENT

Remove the aligners before eating or drinking anything other than water. Hot drinks may warp the aligners and sugary and heavily coloured drinks may stain the aligners.

You should not smoke while wearing the aligners as this may cause them to stain yellow.



It is also advisable not to chew gum with the aligners in your mouth as this may lead to sticky residue.

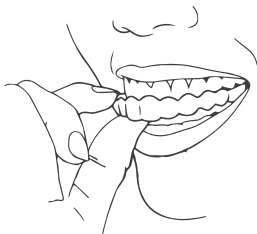


FITTING ALIGNERS

We recommend rinsing the aligners with water every time you remove or put them in your mouth.

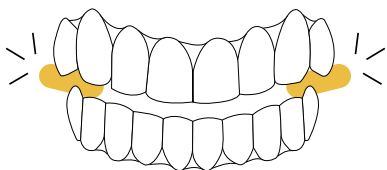


Fit them over your front teeth first, applying gentle pressure with your fingers to fit them properly and never biting down as they may break.



BITE DEVICES (CHEWIES)

It is advisable to use the bite devices included in the initial kit for the first few days of using each aligner to ensure the aligner is seated properly. Bite devices should always be used with both aligners (top and bottom) in place according to the instructions given by the orthodontist.



HOW TO CLEAN ALIGNERS

To keep your aligners in perfect condition, it is best to clean the surface of the aligner with a toothbrush, warm water and soap as soon as you remove it to eat.

It is not advisable to clean aligners with toothpaste, mouthwash or chemicals as these may cause the aligner to discolour and have a nasty taste.

We also recommend using removable denture cleaning tablets once or twice a week.



realaligner.com



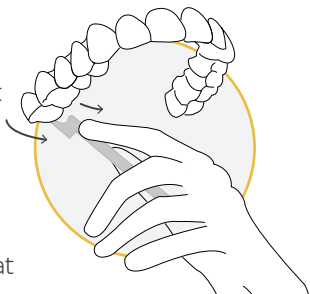
REMOVING ALIGNERS

To remove the aligner, pull the back part of the aligner (the part covering the molars) away from your teeth on one or both sides at the same time. The aligner may be removed more easily by moving it slightly from side to side while pulling it out.

If you cannot remove it with your hands, a special removal device can be found in the initial kit to help with its removal.

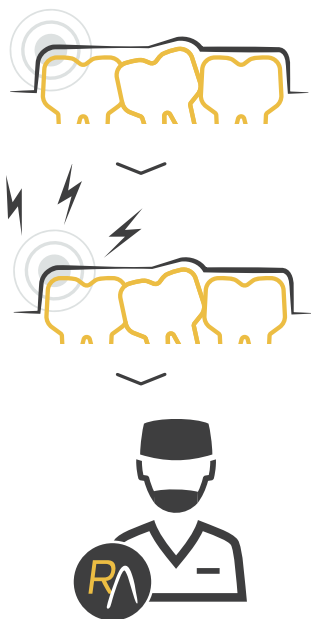
Once removed, rinse the aligner with plenty of water and store it in its case.

Do not expose to heat or store under heavy objects that may misshape it.



DISCOMFORT DURING TREATMENT

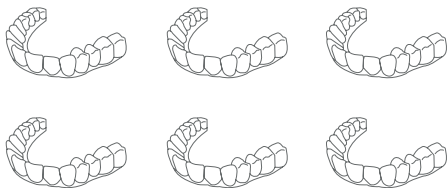
It is normal to feel some discomfort and pain at the start of treatment, both in your teeth and gums. However, if the pain is severe and persistent, consult your dentist.



TREATMENT PROGRESS

At the end of the treatment phase, once you have used all the aligners, you may need an additional refinement phase to achieve perfect alignment of your teeth.

Treatment

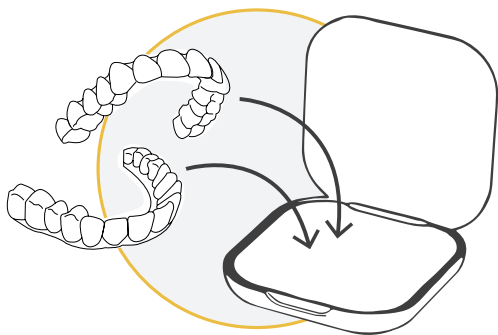


Refinement



NUMBERED CASES

Store used aligners in their numbered case so that, if an aligner is lost, broken or incorrectly inserted, you can use the previous aligner to maintain the position of your teeth until you can see your dentist.



RealAligner

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