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***Recommendations for aligner wear.***

* Indicated duration of wearing the aligners per day is ~ 22 hours. They may only be removed during mealtime and brushing.
* It is forbidden to eat and drink colored, sweetened and hot drinks with aligners in the mouth. It is allowed to drink cool water.
* Every evening, make sure that the composite attachments on the teeth are intact and have not changed their shape. As well as, whether tooth movements follow the aligner. There must be no large gaps between the aligner and the tooth surface.
* Aligners should be cleaned with a toothbrush and cool water after removal and before insertion into the mouth. Once a week you can clean them with a toothpaste. The most convenient brushes for cleaning aligners are wisdom tooth toothbrushes.
* During meals, the graves must be in the box and you should avoid leaving them in the napkin during mealtime, because they may be easily thrown out.
* Aligners should be changed according to the regimen indicated by the orthodontist (every 7-14 days).
* In order for the aligners to better adapt to the teeth, it is allowed to increase the vertical load on them during the first 2 days of usage (it is done by chewing a straw on the aligner).
* When visiting an orthodontist, take the previous and next set of aligners to the dental office.
* A hygienist should be visited once every 4 months.
* Necessary oral care products - toothbrush (we recommend using electric / sonic toothbrushes for oral care), dental floss/ “super-floss”, wisdom tooth toothbrush, interdental toothbrush, fluoride-containing toothpaste.