



PATIENT INSTRUCTION MANUAL

Congratulations on choosing SA-Aligner as a means to correct your dental malocclusions

Successful treatment depends on the following:

- Patient co-operation to follow the key instructions & guidelines of this manual.
- Adequate chewing exercise.

First, the success of the treatment of malocclusions using SA-Aligner system depends on the level of your cooperation. If the Aligner contacts closely to the teeth surface and the Aligner appears transparent, there is no doubt that you have been actively engaged in the treatment procedure. Likewise, if the Aligner does not contact closely to the teeth surface, then it means that the collaboration level is not up to satisfaction. The degree of Aligner's transparency to the teeth surface is a direct measure of your level of co-operation.

Second, chewing exercise is critical in determining the success or failure of the treatment protocol initiated by your dentist; as the biting force would have generated enough amount of Orthodontic force to achieve effective teeth movement during treatment. If chewing exercise is practiced regularly and consistently, chewing marks and scratches can be observed on the Aligner.

Insertion of Aligners

- Handle with clean hands and rinse Aligners with water before insertion.
- When inserting each Aligner, gently push it over your front teeth. Then, apply equal pressure, using fingertips, to your left and right molars (back teeth) until the Aligner snaps into place.
- If find difficulty in fitting in Aligners properly, gently bite onto cotton roll.
- Bite multiple times along the full arch. Repeat the process to ensure the Aligners are properly sat in. Do it 10-15 minutes or more a day or before bed if necessary to achieve better result.
- Aligners that are seated (fitting snugly on the teeth) are necessary to move your teeth.



○



+966-535532111



sa_aligner



info@sa-aligner.com



Removal of Aligners

- Use your fingers, start on one side at the molars (back teeth), and slowly work your way around to the other side.
- DO NOT use any sharp object or excessive force to bend or twist an Aligners to remove it.
- Remove Aligners for eating hard food, drinking of non-water, hot and coloured liquids.
- Rinse Aligners with water, shake off excess water, and store your Aligners in the protective/hard/plastic case provided to avoid loss or damage.
- To avoid damage, reduce unnecessary or frequency of removal.

Cleaning & Maintenance of Aligners

- Clean Aligners at least twice a day using a SOFT bristle toothbrush with water or with a small amount of toothpaste.
- DO NOT use denture cleaner mouthwash other liquids to clean Aligners. It can distort the surface of the Aligners, causing it to become dull and less visible/clarity.

Loss or Damage of Aligners

- Inform your dentist if you loss or damage the Aligners.
- Replacement will incur additional cost.
- Do keep all the used Aligners (previous steps), you may temporarily go back one step Aligners while waiting for replacement.

Button Attachments (if applicable)

- Attachments are components of treatment that are either facilitating difficult tooth movements or keeping the Aligners stable.
- It is very important that the Bumps or Attachments on the teeth should be engaged into the corresponding Bumps in the Aligners each time you place your Aligners. If it is not engaged, the Attachments can possibly work against your treatment plan. If this happens, keep chewing on your chewie to help facilitate the fit. This can sometimes take minutes. Check attachments regularly and if one is chipped, broken, or loose, please notify your dentist promptly to ensure your treatment does not regress.



+966-535532111



sa_aligner



info@sa-aligner.com



Other IMPORTANT things to know

- Occasionally an Aligners may have a sharp edge. If so, file it down with an emery board.
- Impressions to make another set of refinement Aligners may be necessary during or at the end of treatment. It is not an indication of something wrong but simply a way of making adjustments. Sometimes this is referred to as Detailing Your Finish.
- Retainer wearing is necessary after you finish your treatment plan.
- Lack of Aligners wearing can result in additional treatment time and fees.
- Keep the Aligners out of reach of children and pets.
- If you experience significant discomfort, please contact your dentist immediately.

Key Instructions

- Recommended minimum wearing time is 20-22 hours per day except meal & brushing.
- Treatment will not be in progression if Aligners are not worn up to the minimum time.
- Possible relapsing if not consistently wearing for a period of time, which will greatly affect the treatment response and lead time.
- Stay away from food that is hard and tough to chew; liquids that is non-water, hot and colour to prevent warping and staining your Aligners.
- Brush & floss your teeth after each meal or drinking any sugary or citrus type of beverages (to prevent decay) prior to re-inserting your Aligners.
- Change the aligner every 15 days unless your dentist decides otherwise.
- If you have increased the period of wearing for a set of Aligners, inform your dentist to adjust the timing of your next appointment. Careful monitoring and increased wearing time (if necessary) will prevent back tracking and extended treatment.
- DO NOT change Aligners before end of 15 days yet if the current Aligners are still fitting tight (difficult to remove or place, or causing soreness while wearing). If any of the above still persists, please consult your dentist.
- If the current Aligners fit well and are not tight, do not proceed to the next aligner unless you finish 15 days wearing it. Reduced pressure does not indicate non-occurrence of movements.
- Be sure all button attachments (if applicable) are intact, not loose and engaged to new Aligners you are placing on. Otherwise, please report any problems above to your dentist promptly and consult the extended wearing time.



+966-535532111



sa_aligner



info@sa-aligner.com