

AIRNIVOL'S RECOMMENDATIONS FOR USE



AirNivol aligners must be worn all day. The optimal wear time is 22 hours.



Aligner sets are changed every 14 days, unless instructed otherwise by your dentist. We recommend keeping the old aligners in a bag with the date of storage written on it. Teeth may become sensitive and tender when using a new set of aligners.



Always remove aligners starting with the back teeth; insert first on the front teeth. Do not bite when inserting aligners. Always ensure the aligners fit securely onto the teeth.



It is not recommended to have tooth fillings made after the start of treatment, as the aligners might not fit. In cases of emergency treatment, please notify your orthodontist.



It is important to regularly check whether there are no lost attachments on the teeth. If the aligners have bumps for the attachments, there must be an attachment on the tooth. If you notice a lost attachment, notify your dentist.

DIET DURING TREATMENT



You must not eat while wearing aligners. Only cool water is allowed.



Do not chew gum while wearing aligners.



You should not drink hot beverages or wash the aligners in hot water, as the aligners might be deformed.



It is not recommended to smoke while wearing aligners, as they might discolor and lose elasticity.

ORAL CARE

Brush using a toothbrush and toothpaste as usual, use dental floss.



It is recommended to brush using a toothbrush and toothpaste after meals and snacks, or, if they are unavailable, chew gum or rinse with water or a mouthwash.



Clean the aligners using a toothbrush and toothpaste without abrasives, such as alumina, calcium carbonate, calcium phosphate (they are used in whitening toothpastes). Rinse under running lukewarm or cold water.



Due to the manufacturing process, some margins of the aligner may be rough; in such cases, use orthodontic wax or fix the margin using a soft nail file.



During the first weeks of treatment, the mucosa may be tender, some blisters may appear (caused by the attachments on the teeth). You may rinse the mouth with lukewarm salt solution (1 teaspoon of salt in ½ a glass of water) or a mild antiseptic solution.



Do not carry the aligners in your pockets – you may lose or damage them. Always keep them in a special box, keep out of reach of pets.