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PROFESSIONAL



# CARE AND USAGE INSTRUCTIONS FOR PATIENTS

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**WELCOME TO YOUR ALIGNER TREATMENT!**

Your aligners – the most important information at a glance

Your doctor has given you your custom-made aligners – the first step in your invisible teeth straightening journey is now complete! To ensure that you know what to expect at all times, this brochure contains all the important information you need about using, caring for, and handling your aligners on a daily basis.

If you have any questions in the meantime, your treating doctor will be happy to assist you at any time.

**We wish you every success and a pleasant treatment experience with PROFESSIONAL!**

## STORAGE & USE

### What's included in your box

#### Your aligner treatment is about to begin!

Your box contains everything you need to get started:

- Your first aligners
- A handy storage case for when you're on the go and at home
- Cetron for cleaning the aligners

#### How to use your aligners correctly:

The exact wearing time per day will be determined by your treating doctor on an individual basis.



As a general rule:



#### At least 22 hours a day

- only remove for eating, drinking (except water) and dental care.



#### Store carefully - this is important:

Please protect your aligners from:

- Heat
- Cold
- Moisture
- UV radiation

**Tip:** Always store your aligners in the storage case when not in use - this will keep them safe and hygienic!

## PREPARATION

### How to get started

Aligners can be easily removed at any time - for eating, drinking, or brushing your teeth.

But it is important **to put them back in your mouth only after your teeth are clean!** You should thoroughly clean your teeth after every meal to prevent plaque and tooth decay.

Regular check-ups with your dentist and good oral hygiene are crucial for the success of your treatment - and for healthy teeth!

### CHECKLIST

Brushing your teeth before inserting the aligner

- ✓ **Brush your teeth thoroughly**  
- preferably with fluoride toothpaste
- ✓ **Use dental floss**  
- always, and especially if you have narrow gaps between your teeth
- ✓ **Rinse your mouth**  
- with clear water or a mild mouthwash  
Only reinsert the aligner after brushing

## FOOD & DRINK

### What to keep in mind

You should always remove your aligners before eating and drinking – **especially when consuming hot beverages such as coffee or tea.**

Chewing gum is also a no-no: it can stick to the aligners and damage them. **Smoking can discolor the aligners**, so it is best to refrain from smoking.

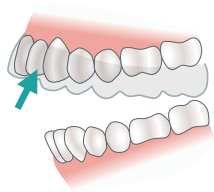
### Important for sugary and acidic drinks:

- Do not wear aligners when drinking soft drinks, juices, or sweetened tea.
- Remove the aligners beforehand and brush your teeth before putting them back in.
- Consuming these drinks with aligners in place can lead to tooth decay and damage.

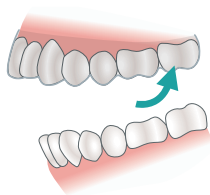
## INSERTING & REMOVING

Explained in a few steps

**1. Insertion:** First insert the front part of the aligner.

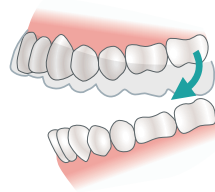


**2. Insertion:** Then press the rear part of the aligner onto the row of teeth.

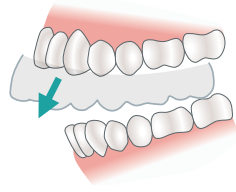


For easy removal we recommend using the Splint Remover

**1. Removal:** First, remove the rear part of the aligner.



**2. Removal:** Next, remove the front part of the aligner.



## CLEANING & CARE

### For clear and hygienic aligners

We recommend cleaning daily with CETRON<sup>®</sup> cleaning powder. The splint can also be cleaned using a denture brush and water. To prevent changes, discoloration, and damage to the splint, cleaning agents containing oxidizing agents, organic solvents, or toothpaste/mouthwash containing anionic surfactants should be avoided.

#### What you should avoid:

- Do not use denture cleaners
- Do not soak in mouthwash
- Do not use hot water or harsh soaps

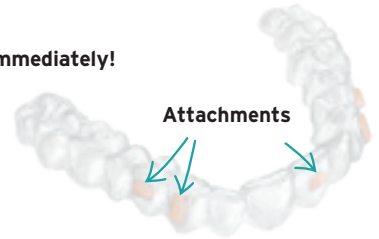
These agents can attack the surface and make the aligners cloudy.

## ATTACHMENTS

### How your teeth are moved

Depending on the course of treatment, your doctor may place **attachments** on your teeth—small fixation points that specifically support movements such as rotations or extrusions.

If an attachment is lost,  
**please inform your doctor immediately!**



## TREATMENT COMPLETE?

Now keep your teeth stable for the long term!

Your teeth have been straightened - now it's time to secure the results! Without retention, teeth can shift again.

Our custom-made **MEMOTAIN®** and **MEMOTAIN® Peek 3D** retainers ensure that your new smile stays put - permanently, comfortably, and discreetly.

**Protect the results of your treatment - with the right retention solution.**

Ask your dental practice now about the ideal retainer for you!



**M** MEMOTAIN®



**M** MEMOTAIN®  
**PEEK 3D**



INTERESTED IN LEARNING MORE?  
SCAN THE QR CODE AND FIND OUT MORE.



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