

ORDOLINE  
Instructions for Removable  
Orthodontic Aligners



1

## RECOMMENDATIONS FOR USE

TO ACHIEVE THE BEST RESULTS, IT IS CRUCIAL TO WEAR ORDOLINE ALIGNERS 24/7, WITH AN OPTIMAL WEARING TIME OF 22 HOURS.

**CHANGE THE ALIGNER SETS EVERY 10 DAYS, UNLESS OTHERWISE DIRECTED BY YOUR DOCTOR.**

**AVOID BITING** WHILE PUTTING IN THE ALIGNERS.

ENSURE THEY ARE WELL-FITTED AND PRESSED OVER THE TEETH.

**START BY PLACING THE ALIGNERS ON THE FRONT TEETH.**

**REMOVE THE ALIGNERS FROM THE BACK MOLARS.**

WE RECOMMEND KEEPING **THE OLD ALIGNERS** IN A BAG, NOTING THE DATE OF PLACEMENT, AND BRINGING THEM TO YOUR NEXT APPOINTMENT WITH THE TREATING DENTIST.

WHEN USING A NEW SET OF ALIGNERS, YOU MAY EXPERIENCE TOOTH SENSITIVITY AND DISCOMFORT.

!

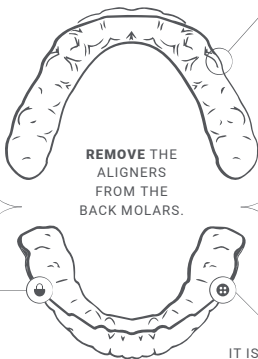
**IT IS NOT RECOMMENDED TO HAVE ANY DENTAL FILLINGS DONE AFTER STARTING THE TREATMENT, AS IT MAY AFFECT THE FIT OF THE ALIGNERS.**

\* IN CASE OF URGENT THERAPEUTIC TREATMENT, PLEASE INFORM YOUR ORTHODONTIC TREATMENT DENTIST.

**START BY PLACING THE ALIGNERS ON THE FRONT TEETH.**

IT IS IMPORTANT TO MONITOR IF **ANY TEMPORARY ATTACHMENTS HAVE DETACHED FROM THE TEETH**. IF THERE ARE BUMPS FOR TEMPORARY ATTACHMENTS ON THE ALIGNERS, THEY SHOULD ALSO BE PRESENT ON THE TEETH.

IF YOU NOTICE A TEMPORARY ATTACHMENT THAT HAS FALLEN OUT, PLEASE CONSULT YOUR DENTIST.



## 2 DURING TREATMENT

**IT IS FORBIDDEN TO EAT** WITH THE ALIGNERS. YOU CAN ONLY DRINK COOL WATER.

**AVOID DRINKING HOT BEVERAGES** AND **WASHING THE ALIGNERS UNDER HOT WATER**, AS THIS MAY CAUSE THEM TO CHANGE SHAPE.

**DO NOT CHEW GUM** WHILE USING THE ALIGNERS.

**IT IS NOT ADVISABLE TO SMOKE** WITH THE ALIGNERS, AS IT MAY CHANGE THEIR COLOR AND ELASTICITY.

## 3 ORAL CARE



**BRUSH YOUR TEETH AS USUAL WITH A TOOTHBRUSH AND TOOTHPASTE.** USE FLOSS FOR THOROUGH CLEANING.



**AFTER MEALS AND SNACKS, IT IS ADVISABLE TO CLEAN YOUR TEETH** WITH A TOOTHBRUSH AND TOOTHPASTE. IF NOT POSSIBLE, YOU CAN USE CHEWING GUM, RINSE WITH WATER, OR USE A RINSING LIQUID.



DURING THE FIRST WEEKS OF TREATMENT, **THE MUCOSA MAY BECOME SENSITIVE** AND BLISTERED DUE TO THE BUTTONS ON THE TEETH. IN SUCH CASES, **YOU CAN RINSE IT WITH A LUKEWARM SALT SOLUTION** (1 TEASPOON OF SALT TO A GLASS OF WATER) OR A **WEAK ANTISEPTIC LIQUID**.

## 4 ALIGNER CARE



**USE A TOOTHBRUSH AND TOOTHPASTE WITHOUT ABRASIVE MATERIALS** SUCH AS ALUMINUM OXIDE, CALCIUM CARBONATE, OR CALCIUM PHOSPHATE (THESE SUBSTANCES ARE FOUND IN WHITENING TOOTHPASTE) FOR THE CARE OF YOUR ALIGNERS. WASH THEM UNDER LUKEWARM OR COLD RUNNING WATER.



SOME ALIGNERS MAY HAVE ROUGH EDGES DUE TO THE MANUFACTURING PROCESS. IN SUCH CASES, YOU CAN **USE ORTHODONTIC WAX** OR **CAREFULLY FINISH THE EDGE OF THE ALIGNER WITH A NAIL FILE**.



DO NOT PUT ALIGNERS IN YOUR POCKET OR ON THE TABLE, AS THEY CAN BE EASILY LOST OR BROKEN. **KEEP THEM IN A SPECIAL BOX** AND AWAY FROM PETS.

## POSSIBLE COMPLICATIONS

THE SAME COMPLICATIONS THAT CAN OCCUR DURING ORTHODONTIC TREATMENT WITH BRACES ARE ALSO POSSIBLE DURING TREATMENT WITH ALIGNERS. THE MOST COMMON COMPLICATIONS AND POTENTIAL LONG-TERM COMPLICATIONS (COMPLICATIONS THAT MAY ARISE SEVERAL YEARS AFTER TREATMENT) INCLUDE:

- ◻ GINGIVAL RECESSON (GUM RECEDING);
- ◻ RESORPTION OF TOOTH ROOTS;
- ◻ TOOTH SENSITIVITY;
- ◻ DAMAGE TO TOOTH ENAMEL;
- ◻ ORAL MUCOSAL WOUNDS;
- ◻ MARGINAL BONE DEFECTS;
- ◻ GINGIVITIS;
- ◻ EXACERBATION OF PERIODONTAL DISEASE;
- ◻ EXACERBATION OF APICAL PERIODONTITIS IN ENDODONTICALLY TREATED TEETH;
- ◻ PULPITIS OF TRAUMATIZED TOOTH;
- ◻ EXACERBATION OF TEMPOROMANDIBULAR JOINT PATHOLOGY.

IN SOME CASES, DUE TO UNFORESEEN OR ABNORMAL JAW GROWTH, IT MAY NOT BE POSSIBLE TO ACHIEVE THE INTENDED CORRECTION OF TEETH MISALIGNMENT AND/OR BITE.

DEPENDING ON INDIVIDUAL BODY CHARACTERISTICS, OTHER COMPLICATIONS MAY OCCUR, BUT THE LIKELIHOOD OF THEIR OCCURRENCE IS VERY LOW.

## ADDITIONAL WARNINGS AND PRECAUTIONS FOR DENTAL STRAIGHTENING TREATMENT

- ◻ TREATMENT WITH ALIGNERS REQUIRES YOUR DISCIPLINE AND FULL COOPERATION. IT WILL ONLY BE EFFECTIVE IF YOU WEAR THE ALIGNERS FOR 22 HOURS A DAY.
- ◻ TEMPORARY ATTACHMENTS MADE OF TOOTH-COLORED FILLING MATERIAL MAY BE PLACED ON YOUR TEETH BEFORE AND/OR DURING THE TREATMENT.
- ◻ IF YOU DO NOT WEAR THE ALIGNERS AS INSTRUCTED, THEY MAY NO LONGER FIT PROPERLY, AND YOU MAY NEED TO HAVE NEW ONES MADE.
- ◻ RESTORATIONS ON IMPLANTS OR YOUR OWN TEETH MAY NEED TO BE ADJUSTED OR REPLACED AFTER TREATMENT WITH ALIGNERS DUE TO CHANGES IN TOOTH POSITION.
- ◻ ADDITIONAL DEVICES SUCH AS INTERMAXILLARY ELASTICS, BRACES, OR ORTHODONTIC IMPLANTS MAY BE REQUIRED DURING OR AFTER THE TREATMENT.

- 9 IT MAY BE NECESSARY TO REVISE THE TREATMENT PLAN DURING THE COURSE OF TREATMENT, AND ADDITIONAL ALIGNERS MAY BE NEEDED AT THE END TO REFINE AND COMPLETE THE TREATMENT.
- 9 AFTER TREATMENT, YOU WILL NEED A SUPPORT ALIGNER TO WEAR AT NIGHT TO PREVENT TEETH FROM SHIFTING BACK TO THEIR ORIGINAL POSITION.

---

IF YOU EXPERIENCE LOSS, DAMAGE, DEFORMATION OF THE ORDOLINE TEETH ALIGNER, OR DAMAGE TO THE ORAL MUCOSA, WE RECOMMEND CONTACTING YOUR TREATING DENTIST OR HEALTHCARE SPECIALIST.

IT IS IMPORTANT NOT TO WEAR DAMAGED RETENTION ALIGNERS.

IF NECESSARY, PLEASE CONTACT THE MANUFACTURER OF THE ALIGNERS USING THE CONTACT INFORMATION PROVIDED IN THE ORDOLINE INSTRUCTIONS.

IN THE EVENT OF A SERIOUS INCIDENT RELATED TO THE DEVICE, PLEASE REPORT IT TO LLC ORDOLINE AND THE COMPETENT AUTHORITY IN THE COUNTRY WHERE YOU RECEIVED HEALTHCARE SERVICES.

---

## **7** EXPLANATION OF ALIGNER PACKAGE MARKINGS

THE MARKINGS ON THE PACKAGING OF THE ALIGNERS HELP IDENTIFY THE SPECIFIC ALIGNER FOR EACH JAW AND TRACK THE PROGRESS OF THE TREATMENT. HERE IS AN EXPLANATION OF THE MARKINGS:

**L 1/16 (L- LOWER)** – THIS MARKING INDICATES THAT THE ALIGNER IS DESIGNED TO BE WORN ON THE LOWER JAW. THE NUMBER 1 REPRESENTS THE FIRST STEP OUT OF A TOTAL OF 16 STEPS IN THE TREATMENT PLAN.

**U 1/16 (U- UPPER)** – THIS MARKING INDICATES THAT THE ALIGNER IS DESIGNED TO BE WORN ON THE UPPER JAW. SIMILARLY, THE NUMBER 1 REPRESENTS THE FIRST STEP OUT OF A TOTAL OF 16 STEPS IN THE TREATMENT PLAN.

INSTRUCTIONS FOR ORDOLINE REMOVABLE ORTHODONTIC ALIGNERS IN OTHER LANGUAGES CAN BE FOUND FOLLOWING THE QR CODE.





#### NOTICE ON PERSONAL DATA PROCESSING

IN ACCORDANCE WITH ARTICLE 14 OF THE GENERAL DATA PROTECTION REGULATION (HEREINAFTER - GDPR), WE INFORM YOU THAT LLC ORDOLINE, LEGAL ENTITY CODE: 305610551; ADDRESS: A. VIVULSKIO STR. 7-202, VILNIUS, LITHUANIA IS THE CONTROLLER OF YOUR PERSONAL DATA. ALL INFORMATION PROVIDED FOR IN ARTICLE 14 OF THE GDPR REGARDING THE PROCESSING OF YOUR PERSONAL DATA IS PUBLISHED ON THE ORDOLINE WEBSITE [HTTPS://ORDOLINE.COM/PATIENT-PRIVACY-POLICY/](https://ordoline.com/patient-privacy-policy/)

Date of revision of the instruction: 10.08.2023

**LLC Ordoline**  
A. Vivulskio str. 7-202  
LT-03162 Vilnius, Lithuania