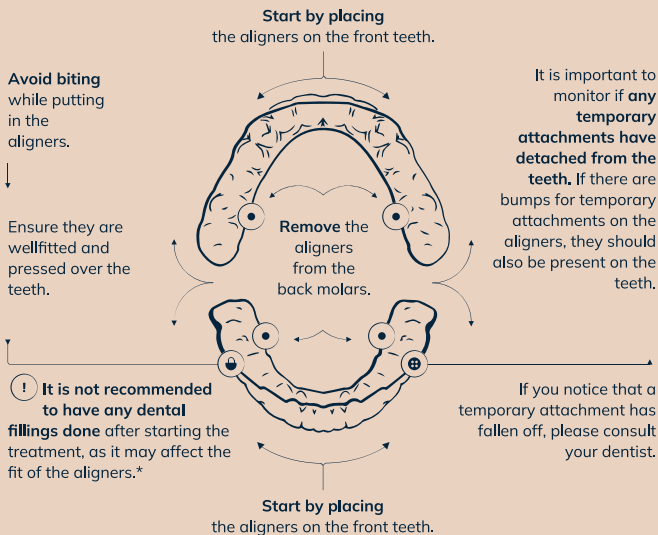


ORDOLINE
Instructions for Removable
Orthodontic Aligners



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**.

The aligners have to be **changed every 10 days**, unless instructed otherwise by your dentist.

We recommend keeping **old aligners** in a bag, noting the insertion date, and storing them until the end of treatment.

It is recommended to **switch to a new set of aligners before bedtime**, allowing them to adjust overnight without removal for a minimum of 8 hours.

*In case of urgent therapeutic treatment, please inform your orthodontic treatment dentist.

2 Oral care



Brush your teeth as usual with a toothbrush and toothpaste.
Use floss for thorough cleaning.



After meals and snacks, it is advised to clean your teeth with a toothbrush and toothpaste. If not possible, rinse with water, or use a rinsing liquid.



During the first weeks of treatment, **the mucosa may become sensitive and blistered** due to the attachments/buttons on the teeth. In such cases, **you can rinse it with a lukewarm salt solution** (1 teaspoon of salt in a glass of water) or **a mild antiseptic solution.**

3 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 apply orthodontic wax** or **carefully smooth 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.

4 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 forbidden to smoke with the aligners, as it may change their color and elasticity.

5 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:

- 9 Gingival recession (gum receding);
- 9 Resorption of tooth roots;
- 9 Tooth sensitivity;
- 9 Damage to tooth enamel;
- 9 Oral mucosal wounds;
- 9 Marginal bone defects;
- 9 Gingivitis;
- 9 Exacerbation of periodontal disease;
- 9 Exacerbation of apical periodontitis in endodontically treated teeth;
- 9 Pulpitis of traumatized tooth;
- 9 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.

6 Additional warnings and precautions for dental straightening treatment

- 9 Treatment with aligners requires your discipline and full cooperation. It will only be effective if you wear the aligners for 22 hours a day.
- 9 Temporary attachments made of tooth-colored filling material may be placed on your teeth before and/or during the treatment.
- 9 If you do not wear the aligners as instructed, they may no longer fit properly, and you may need to have new ones made.
- 9 Restorations on implants or your own teeth may need to be adjusted or replaced after treatment with aligners due to changes in tooth position.
- 9 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 to wear retention aligners at night to prevent your teeth from shifting back to their original position.

! Please note that orthodontic aligners are not intended for bruxism or involuntary teeth grinding. If you grind your teeth, be sure to inform your doctor so that an individual treatment plan can be provided.

In case of loss, damage, or deformation of the Ordoline teeth aligner, or if you experience any injury to the oral mucosa, please contact your treating dentist or healthcare specialist.

It is important not to wear damaged 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 UAB 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 1/20 (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 20 steps in the treatment plan.

U 1/20 (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 20 steps in the treatment plan.



Instructions for Ordoline removable orthodontic aligners in other languages can be found following the qr code.



Scan the QR code to leave your review



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