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INVISIBLE ORTHODONTIC TREATMENT INSTRUCTIONS

- For an optimal result, wear your dental aligners 24 hours a day, except for eating and brushing your teeth.
- Rinse them in cold water. You can also use « Corega pour appareils et protège-dents » tablets if you want to clean them thoroughly.
- We advise you to come every week for a 15-minute-laser treatment. This will enable us to check the progress of your treatment and you will be able to change the aligner every week.
- If you don't want the laser treatment, each aligner must be kept for two weeks. However, the treatment will be just as effective.
- You will receive a box to put your aligner in. If unfortunately you were to break or lose it, please call us as soon as possible.

SOME MORE INFORMATION

It is normal to feel some discomfort each time you change your aligner. The laser ATP38 can help you to reduce it.

This discomfort in no way alters the quality of the treatment.

At the end of the treatment, you will receive a retainer guard. You will have to wear it every night then you can space it out little by little (every other night, one night in three...).

Dental hygiene during your treatment is really important : brush your teeth twice a day for 2 minutes if you use an electric toothbrush or for 3 minutes if you use a manual toothbrush, floss your teeth once a day and use interdental brushes, if necessary.