BASIC RULES:

After the attachments have been fixed and aligners changed, you may feel pressure on your teeth.

On the second day, the sensation of pressure will increase, especially when eating hard food.

For this period (2-4 days), we recommend refraining from consuming hard and tough food.

If the sensations cause severe discomfort, after consulting with your orthodontist or general dentist, you can take non-steroidal anti-inflammatory drugs (such as Nimesil, Ketanov, Nise, or Nurofen).

Attachments can chafe the mucous membranes of the cheeks and lips from the inside. In this case, it is necessary to wear the aligners as long as possible to protect the mucous membranes of the mouth.

If a sore has formed on the mucous membrane, it should be treated with a 0.05% chlorhexidine bigluconate solution and apply Gengigel ointment three times a day until completely healed.

For successful treatment, it is necessary to wear the aligners for 20-22 hours a day.

Always store removed aligners in an individual container.

Change aligners according to the schedule provided by your orthodontist.

Keep aligners that you no longer use in their bags in case you lose the current pair.

Remove the aligners before eating and drinking to avoid staining them.

TO AVOID DETACHMENT OF ATTACHMENTS

IT IS IMPORTANT TO EXCLUDE:

- HARD FOOD

(nuts, chips, croutons, candies, nougat bars, pralines).

- STICKY PRODUCTS

(chewing gum, nougat, caramel, chewy candies).

- BITING WITH FRONT TEETH

(fruits, sandwiches, chocolate, and other products).

- STAINING PRODUCTS

for ceramic braces (red wine, black coffee, caramel…)

- CONSUME FOOD IN SMALL PIECES.

Hygiene. After every meal, it is necessary to use:

- An orthodontic/ultrasonic/electric toothbrush.

- Toothpaste.

- Interdental brushes of different sizes to clean spaces between braces.

- Dental floss/superfloss for cleaning the interdental spaces.

- Mouthwash.

- An irrigator.

- The use of disclosing solutions or tablets to highlight dental plaque may be beneficial.

Toothpaste

Marvis Creamy Matcha Tea

antibacterial.

Mouthwash

Marvis Anise Mint

(with fluoride).

Toothpaste

CURAPROX Enzycal 1450

with fluoride.

Toothpaste Be You

(except for the whitening one)

Aligner Hygiene. To clean the aligners, it is recommended to use a soft toothbrush without toothpaste. When outside the home, after removal and before reinserting, you can rinse them with running water. For better cleaning of the aligners, you can achieve this by using specially designed cleaning agents for aligners: Cleaning Crystals or Cleaning System.

EMERGENCIES REQUIRING

A CLINIC VISIT

Attachment has come off.

- Sharp pain in one of the teeth.

- A sore on the mucous membrane that is not healing for a long time.

With care for you, AESTHETE

2

BASIC RULES: After the bracket system is fixed, you may feel pressure on your teeth.

On the second day, the sensation of pressure will increase, especially when consuming hard food.

For this period (3-7 days), we recommend avoiding the consumption of hard and tough food.

If the sensations are very strong, upon agreement with your orthodontist or general dentist, you can take non-steroidal anti-inflammatory drugs (such as Nimesil, Ketanov, Nise, or Nurofen).

The bracket system can chafe the mucous membranes of the cheeks and lips from the inside (in such a situation, it is necessary to use orthodontic wax. A small piece of wax should be warmed in the hand and used to cover the bracket that is causing irritation to the mucous membrane.

If a sore has formed on the mucous membrane, it should be treated with a 0.05% chlorhexidine bigluconate solution and Gengigel ointment should be applied three times a day until fully healed).

TO AVOID DEFORMATION OF THE BRACE SYSTEM, IT'S IMPORTANT TO EXCLUDE: HARD FOOD (nuts, chips, croutons, hard candies, brittle bars, pralines, grilled vegetables).

- STICKY PRODUCTS (chewing gum, nougat, caramel, chewy candies).

- BITING WITH FRONT TEETH (fruits, sandwiches, chocolate, and other products).

- STAINING PRODUCTS for ceramic braces (red wine, black coffee, caramel…)

- CONSUME FOOD IN SMALL PIECES.

Hygiene: After each meal, it is necessary to use:

• An orthodontic/ultrasonic/electric toothbrush.

• Toothpaste.

• Interdental brushes of various sizes to clean spaces between braces.

• Dental floss/superfloss for cleaning interdental spaces.

• Mouthwash.

• Oral irrigator.

• It's possible to use solutions or tablets to indicate dental plaque.

Toothbrush

CURAPROX 5460 Ortho

(for braces)

Toothbrush

CURAPROX 1009 Single

(single tuft)

Interdental brush set with holders

Curaprox CPS Prime Start mixed

Orthodontic wax

Industria Zingardi

Toothpaste

VITIS Orthodontic

Foam

Waterdent

Toothpaste

CURAPROX Enzycal 1450

with fluoride

EMERGENCIES THAT REQUIRE A VISIT TO THE CLINIC:

• A bracket has come off.

• A wire is broken or has shifted.

• Sharp pain in one of the teeth.

• A sore in the mouth that does not heal for a long time.

With care for you, AESTHETE