



# Concordia Dentistry

Innovative orthodontics clinic

## Smile with aligners



Aligners must be replaced as instructed by your doctor



Optimum duration of daily wear of aligners is **22** hours per day

### ALIGNERS MUST BE REMOVED



**DURING MEAL TIMES**



**WHEN DRINKING HOT AND COLOURED DRINKS**



**WHILE BRUSHING YOUR TEETH**



You must take care of your aligners. It is best to clean them with your tooth brush in lukewarm water, without using tooth paste.



When you remove aligners from mouth, keep them in the box that you receive along with your first aligners.

### IMPORTANT!!!



Do not wrap the aligners in napkins or place them in plastic bags, because this is the easiest way to lose them. Aligners must be kept only in their designated box.



It is preferable to brush your teeth after every meal, using mouth wash and dental floss.

### REMEMBER

**During orthodontic treatment with removable aligners, there are no dietary restrictions, but it is important to remove them during meal times.**

More info at [www.concordiaclinic.lv](http://www.concordiaclinic.lv)

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