

ACTIVE ALIGNERS

INSTRUCTION GUIDE





Congratulations on starting
your Active Aligners treatment
... the clear solution to your

best smile

You have now begun your Active Aligners Journey. By using your Active Aligners, your informed consent is reconfirmed. Kindly follow the instructions laid out in this manual to ensure the most effective and comfortable treatment.

STARTING YOUR **ACTIVE ALIGNERS** TREATMENT!

GENERAL INFORMATION

Always remember to wear each set of Active Aligners for 22 hours per day, every day, for 14 days per set.

- » When teeth are actively being moved they will quickly return to their original position, so full time wear is very important.

Switch to your next set of Active Aligners on a chosen day of every second week.

- » If for any reason your Active Aligners have been removed for an extended period of time, kindly contact your Dental Professional for further instructions. Alternatively, if you feel comfortable, extend the time on your current set of Active Aligners by the amount of time they were not worn.

Take your Active Aligners out when you are eating, drinking (except water), and cleaning your teeth.

- » Drinks with any sort of colour may stain the Active Aligners. Anything carbonated (fizzy) or containing sugar will adhere to the Active Aligners and is not good for your teeth.

Whenever you are not wearing your Active Aligners, store them in their protective case.

- » Your Active Aligners are clear and are not safe in a paper towel or tissue. If they are accidentally thrown out or misplaced, there may be a fee for replacement. If your Active Aligners have been lost or damaged, kindly contact your Dental Professional for further instruction.



HOW DO ACTIVE ALIGNERS WORK?

Active Aligners move teeth through a process known as orthodontic tooth movement, which relies on the application of controlled, gentle forces over time.

Application of Controlled Force

- **Incremental Adjustments:** Each set of aligners is engineered to apply specific pressure on certain teeth. When you wear a new set of aligners, the aligners exert gentle, consistent force on the teeth.
- **Pressure Points:** The aligners are designed with precise pressure points to push teeth in specific directions. For example, they might push a tooth to rotate, move forward, backward, or adjust vertically.

Biological Response

Bone Remodeling: The applied forces stimulate the periodontal ligament and alveolar bone surrounding the teeth. This triggers a biological response known as bone remodeling, a natural process where bone tissue is broken down (resorption) and rebuilt (deposition).

- **Osteoclasts:** Cells called osteoclasts resorb the bone on the pressure side of the tooth.
- **Osteoblasts:** Cells called osteoblasts create new bone on the tension side, allowing the tooth to move.

Sequential / Gradual Movement

Each set of aligners is typically worn for 2 weeks. During this period, the aligners gradually move the teeth to match the shape and fit of the aligner.

Once the teeth have moved to fit the current aligner, the patient switches to the next set of aligners, which continues to move the teeth further toward their final positions.

Once the patient has completed the series of aligners, the teeth should be in their desired final positions.

PLEASE VISIT YOUR DENTIST IF AN ALIGNER DOES NOT FIT, BREAKS OR IS LOST, OR IF AN ATTACHMENT FALLS OFF.

HOW TO CARE FOR YOUR **ACTIVE ALIGNERS**

- 1. Clean your Active Aligners every morning and night when you brush your teeth. Use a soft bristle toothbrush with cold water and a small amount of soap (you can use dishwashing liquid, aligner or denture cleaner or aligner cleaning foam)**
 - » You may find it easier to clean the outside of the Active Aligners while you are still wearing them. Take them off to clean the inside surfaces.
 - » Do not soak Active Aligners in mouthwash as this may stain or dull the aligners and make them more visible.
 - » Hot water may denature the plastic of the Active Aligners and alter their fit. It is advised to only use cold water when cleaning your Active Aligners.
- 2. Rinse your Active Aligners under the tap each time you take them out/ prior to inserting them. If you are out and about, rinse them when you get a chance.**
- 3. Ideally, clean your teeth after eating and drinking (apart from water) to remove any food particles or sugar residue that will sit against your teeth inside the Active Aligners.**
 - » If you are unable to clean your teeth, make sure you swish water around inside your mouth to remove any food particles and beverage residue.
- 4. You can use an aligner cleaning product or white denture tablet cleaning solution if you choose. This is not necessary, but can assist in preventing / reducing any smell on the Active Aligners caused by a build-up of normal bacteria. Cleaning of aligners should be included in your oral hygiene routine.**
- 5. Do not leave your Active Aligners in the sun or in direct heat as this may denature the plastic and alter their fit.**

ACTIVE ALIGNERS ACCESSORIES

- Protective Case – your handy case in which to store your aligners during the times you are not wearing them.
- Lip Balm – because your lips are part of your beautiful smile! Use as necessary.
- Active Aligners Removal Tool – a handy little tool to assist with aligner removal. Always be sure to hook your aligner towards the molars first before moving around to the front.
- Chewies – Consisting of spongy plastic-like material (Styrene Copolymer), these cylindrical chewies help firmly seat the aligners. Please use your Aligner Chewies to seat your aligners each time you re-insert them. Make sure the aligners are 100% engaged.
- Aligner File – should there be any edges to your aligners that bother you, simply file them down until comfortable.
- Cheek retractor – records are important to be sure your treatment is on track. Use the hands-free cheek retractor when taking photos of your teeth to be sent to your dentist as and when requested.

Reminders:

Remember to take your Before & After Photo's.

You are responsible for your treatment. For it to be successful you need to check the following-

Aligners need to:

Seat correctly

Engage attachments

Be worn for the required amount of time EVERY day!

If an aligner is not fitting correctly, your teeth will not track. It is important to make sure that the aligners are fitting snugly and that any or all attachments are fully engaged.



THINGS TO KNOW

- » Every time you change to a new set of Active Aligners you are initiating a new tooth movement, this may be accompanied by tenderness in your teeth for a couple of days. You may take an over the counter painkiller if you choose.
- » Good oral hygiene is very important when wearing Active Aligners as they encase your teeth for an extended period of time. It is recommended that you visit your oral hygiene specialist every 3 - 6 months for a checkup and clean during your aligner treatment.
- » Pets tend to like the smell of saliva and may chew your Active Aligners, so please keep them safe.

STAY MOTIVATED

It is completely normal to feel a bit overwhelmed at the start of your treatment.

Give yourself a day or two to get used to wearing your Active Aligners. You may temporarily experience a slight lisp when you talk as your tongue gets used to the position of the Active Aligners. Any uncomfortable edges on the Active Aligners may be filed down with the Active Aligners Nail File Provided. You will be amazed how quickly your teeth start moving.

PUTTING IN YOUR **ACTIVE ALIGNERS**

1. Wash your hands with soap and water before handling your Active Aligners. Rinse your Active Aligners in cold water when taking them out of the packet for the first time.
2. Make sure to have the upper Active Aligners for your top teeth and the lower Active Aligners for your bottom teeth.
 - » Follow the sequence of Active Aligners presented in the Active Aligners box.
 - » Each of the Active Aligners is embossed with the **number** that falls within the sequence of your treatment, e.g. 12.
3. When inserting each of your Active Aligners, gently push it over your front teeth, then apply equal pressure, using your fingertips, to your back teeth until the Active Aligners snap into place.
4. Use the Active Aligners chewie:
 - a. Active Aligners chewies are used to help close any air gaps between your teeth and Active Aligners. They are small soft cylinders made out of spongy plastic-like material (Styrene Copolymer). Typically when you start a new set of Active Aligners, they may not fit snugly against your teeth. Active Aligners chewies help seat the Active Aligners against the teeth.
 - b. Position the Active Aligner chewie between your teeth (either “long way” or “short way” is fine) and bite down. Move it from one end of your mouth to the other, continuing to bite up and down, until you have bitten on it with all of your teeth. Make sure to use your chewies each time you re-insert your aligners.
5. **DO NOT bite your Active Aligners into position.** This may damage them. **NOTE:** If you experience sharp pain or significant discomfort, discontinue use of the Active Aligners and contact your Dental Professional immediately.

REMOVING YOUR ACTIVE ALIGNERS

When you are new to Active Aligners treatment, it is important to be patient. Relax and remain calm before taking out your Active Aligners, It may help to give yourself an extra few minutes to remove the Active Aligners. Being in a hurry to do so may end up damaging the Active Aligners, your teeth or hurt your fingers. If you find it difficult to remove the Active Aligners on the first try, take a short break and try again. It helps to be as gentle as possible.

1. On one side of your mouth, use your fingertip or the Active Aligners Removal Tool provided on the inside of your back molar to slowly pull the Active Aligners from your molar (i.e. from the back).
2. Repeat this process on the other side of your mouth before trying to completely remove the Active Aligners.
3. Once the Active Aligners is disengaged from the molars on both sides of your mouth, you should be slowly able to work your way forward, gently prying the Active Aligners away from your teeth with your fingertips.
4. The Active Aligners may form a tight seal due to the viscosity of your saliva. In such circumstances, it is recommended that you blow your cheeks outward or swish water around the inside of your mouth to break the 'seal'.
5. Immediately rinse your Active Aligners with water, shake off the excess water and store in your Active Aligners Carry Box.

NOTE:

- » Take care in removing your Active Aligners, especially when multiple attachments are being used.
- » Do not use excessive force to bend or twist an Active Aligners to get it off.
- » Do not use any sharp object to remove your Active Aligners
- » Consult your Dental Professional if your Active Aligners are extremely difficult to remove.

PROGRESS AND COMPLETING YOUR TREATMENT

ACTIVE ALIGNERS TREATMENT IS 100% COMPLIANCE BASED

While your Dental Professional will monitor your progress throughout your treatment, it is important that you strictly follow their instructions as failure to do so may lead to an extended treatment plan, and in some cases, termination of your Active Aligners therapy.

TREATMENT PROGRESS PROCEDURE

You are responsible for your Active Aligners Treatment. We recommend the Trayminder App which will remind you to wear your Active Aligners for the prescribed amount of time each day.

You can also add reminders to schedule your follow up appointments on the App.

TRAYMINDER APP



Download the App

Register for free

Select Active Aligners

Set up notifications

Start your journey to your best Smile!

Created by an experienced orthodontist, TrayMinder helps busy people remember to wear their aligners. TrayMinder equips you with a timer to track your daily wear time and statistics and sends notifications to remind you to wear and change your aligners. Have fun documenting your smile journey with convenient teeth selfies. Achieve your best possible smile!

POINTS TO CONSIDER DURING TREATMENT

1. FITMENT

It is extremely important that each and every aligner fits 100% throughout treatment.

This is essential, especially when transitioning to the next stage.

WHAT DOES A GOOD FIT LOOK LIKE?

The aligner should fit snugly with all attachments engaged (there should be no gaps).

Chewies provided in the accessory box are essential for this.

If at any point during treatment, your Active Aligners are not fitting, do not proceed any further. Contact your Dental Professional for an assessment.



2. ATTACHMENTS

The attachments should be engaged - if they are not engaging properly, they will put pressure in the wrong direction and this will cause unplanned movement for these teeth.

If an attachment should fall off, make an appointment to see your Dental Professional immediately. Continue to wear your aligners until you see them.

3. STUBBORN TEETH

Sometimes teeth will not move as planned. Your Dental Professional may advise you to wear a stage for an additional week to try and get the necessary/required movement.

love your smile

WHEN TO MAKE AN APPOINTMENT WITH YOUR DENTAL PROFESSIONAL

Your prescribing Doctor will implement a recall policy based on your treatment plan requirements.

1. The Following recalls are necessary:

- when IPR has been prescribed at a later stage in treatment (to ensure enough space for movement)
- If an attachment de-bonds / falls off
- If you have an issue that can't be managed remotely e.g. aligner is not fitting.
- When the treatment is complete and attachments need to be removed.

2. Please make an appointment with your prescribing Active Aligners Provider if you have had any:

- Abnormal symptoms (e.g. excessive pain or tooth sensitivity to hot or cold, etc.)?
- Trauma or changes to the shape of your teeth, gums, mouth or jaw?

PLEASE NOTE NO DENTAL, SURGICAL ORTHODONTIC OR SIMILAR WORK SHOULD BE DONE DURING ACTIVE ALIGNERS THERAPY

3. LOST OR BROKEN ALIGNERS

Should you lose or break an aligner during treatment, please contact your Active Aligners Provider.

They will advise whether you should move back, or forward a stage, or if you need a replacement, depending on how long you had been wearing the current aligner.

Please send a photo of the broken aligner/ retainer to your Dental Professional for assessment.

Please keep your Active Aligners until your treatment is complete. Should you need to backtrack due to a lost or broken aligner, or your case is not tracking correctly, they will then be readily available to you to continue treatment without any delays.

RETAINERS

After your treatment, to maintain the new alignment, you will be given a set of retainers. Retainers help to keep the teeth in place while the surrounding bone stabilizes and remodels fully.

During the retentive phase, your retainers are to be worn for at least twenty two hours a day for 12 weeks (3 months).

After wearing your retainers full time for 12 weeks, you may move on to wearing them only at night whilst you sleep.

Alternatively, you may have a fixed retainer fitted by your Dental Professional.

FAILURE TO WEAR RETAINERS, EVEN FOR A SHORT PERIOD OF TIME, MAY RESULT IN MOVEMENT/RELAPSE OF YOUR TEETH.

RETAINERS ARE FOR LIFE!



CHECK-UP SCHEDULE

Use the table below to keep track of follow up appointments. Discuss your case monitoring schedule with your Active Aligners Provider. Do you need additional IPR at a later stage? How often do they want to see you?

[illegible]



"Everyone smiles in the
same language"
George carlin



YOUR SMILE IS YOUR BEST ACCESSORY

ACTIVE ALIGNERS UK

Once you complete your Active Aligners journey, share your smile with us on Facebook and Instagram @activealignersUK

ACTIVE ALIGNERS SA

Once you complete your Active Aligners journey, share your smile with us on Facebook and Instagram @activealignersSA

If you have any questions, concerns, or are unsure about anything covered in this manual kindly contact your Dental Professional.

For Frequently Asked Questions (FAQ's),
Please visit www.activealigners.com or
www.activealigners.uk
or www.activealigners.co.za

Dispose of your Active Aligners in a responsible manner. Be respectful of the environment.