

Inserting And Removing Aligners

- Upon inserting each aligner, gently push the aligner over your front teeth. Then, apply equal pressure, using your fingertips to push the aligners over the tops of your left and right molars (back teeth). Do so until the aligner snaps into place.
- Use your fingertips to remove the aligners starting from the back teeth, one side then the other. Do not use any objects to remove the aligner.
- After removing your aligners, rinse them well, remove excess water and store them in your aligner box.

Care Instructions

- Clean your aligners every time before insertion and after removal. We recommend to use denture cleaning tablets to clean the aligners. You may use a toothbrush to clean your aligners. We recommend to use two different toothbrushes, one for cleaning your teeth and one for the cleaning your aligners.
Remove all excess toothpaste with water. Dry the aligners and store them in the provided aligner box.
- Brush and floss your teeth after each meal and prior to inserting your aligners.

The clear aligners are a customized orthodontic device intended for teeth straightening for a particular patient



PROUDLY
MADE IN GERMANY



K CLEAR
INSTRUCTIONS

We are glad that you have chosen transparent teeth straightening with K Clear! In the next few weeks, your aligners will follow you everywhere and unobtrusively straighten your teeth.

Wearing your aligners:

- Each aligner should be worn for at least 21 hours per day. For the best possible outcome, your commitment to wear the aligners is required. Please check with your doctor how long you have to wear each set of aligners.
- Please do not eat with the aligners. It is also not recommended to drink sugared drinks. This is increasing the susceptibility of carious. Smoking should be avoided, too.
- We recommend that you insert your aligners for the first time over night.
- Ensure that you use the correct aligner, i.e. in the right sequence. When inserting the aligners, be sure you use the upper arch aligner for the upper teeth and the lower arch aligner for the lower teeth.
- Wearing your aligners for the first time, you may experience some initial discomfort such as pressure on your teeth, a slight gap between the aligner and your teeth or inadequate adaptation of the aligners on your back teeth. The pressure that

the aligners apply to your teeth varies from one set of aligners to the next. This is because each set is made to create different movements. Be assured that this discomforting feeling disappears shortly after inserting the appliance. In order to decrease the initial gap between the aligners and your teeth, it helps to chew on the appliance (i.e. biting on it, not eating), especially in the first 24 hours.

- Most likely you will gather saliva inside the aligners and sometimes your breathing vapour could show in the aligners. You may encounter any of the above within the first couple of days until any feeling of discomfort will ease off. Please note that wearing your aligners continuously is mandatory to help the aligners adapt and perform well. It also ensures that any side effects subside within a short period of time.
- If you ever experience sharp pain or significant discomfort when wearing your aligners, please contact your dental practitioner instantly.
- In case you do not wear your aligners for any reason during treatment period, your teeth may relapse or move back towards their original position. We strongly recommend to wear your aligners at all times. If you experience any problems, please contact your practitioner immediately.

- If your teeth need slicing or stripping (IPR) as part of the aligner treatment, we recommend you to use toothpaste with extra fluoride as a daily dental care method at home.
- Each aligner treatment needs to be followed up with a retention method to avoid your teeth going back to their initial position. At the end of the aligner treatment we will provide you with a removable retainer which needs to be worn at night time for at least 6-12 months. Your practitioner will decide what is best in your case. You may also choose or require permanent retention. In this case, your practitioner will fix the retainers to the back of your front teeth using white dental fillings. This will not hinder you from talking or eating or performing oral hygiene. Permanent retainers are usually removed after 1 year.



* If you lose an aligner, wear the previous or following one until you have contacted your attending practitioner.